

WPCSD Eastview Lunch Menu March 2023

#MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL LUNCH MEALS COME WITH ALL FRUITS & VEGETABLES, Milk choice – 1% or FF white; FF Chocolate Daily Alternate: WG Bagel & Yogurt: WG Bagel, 4oz Fruit Yogurt; LF Mozzarella String Cheese Entrée Salad Option - Wednesday & Thursday Garden Salad w/ Mozzarella Cheese; Fresh Romaine; Grape Tomatoes, Cucumber & Baby Carrots w/ Pretzel Stick or Dinner Roll Deli Sandwich - Monday & Tuesday; Turkey or Turkey Ham & Cheese (Alternate Weekly) or Cheese on WG Roll</p>	<p>1 Brunch 4 Lunch WG Pancakes or Waffles w/ Syrup Turkey Sausage, Turkey Bacon or String Cheese Orange Glazed Carrots Veggie Crunchers w/ Dip Assorted Fresh Fruit & Mixed Fruit Cup</p>	<p>2 Chicken Fried Rice Diced Chicken, or Vegan Tenders; Brown Rice, Mixed Vegetables Seasoned w/ Soy Sauce Fortune Cookie Treat Veggie Crunchers Fruit Cup & 100% Juice</p>	<p>3 Pizza by the Slice! WG Cheese Pizza Garden Salad w/ Romaine Lettuce and Grape Tomatoes Fresh Whole Fruit 100% Fruit Juice</p>	
<p>6 Toasty Cheese & Tots Toasted American Cheese on WW Bread or Veggie Burger Tater Tots Veggie Crunchers Orange Wedges Fresh Apple</p>	<p>7 Taco Tuesday Turkey or White Bean Taco Tostitos Corn Chips & Soft Tortilla; Vegetarian Beans Toppings – Shredded Cheese, Veggie Crunchers Whole Fresh Fruit & 100% Fruit Juice</p>	<p>8 BBQ Chicken Sandwich Tender Chicken Strips & Tangy BBQ Sauce on WG Club Roll Crispy Oven Fries Baby Carrot Crunchers NY State Apple Slices Meat Free Vegan Tenders</p>	<p>9 Baked Mac & Cheese Warm Pretzel Stick Fresh NY State Green Beans Cucumber Sticks Assorted Whole Fruit Fruit Cup</p>	<p>10 Pizza by the Slice! WG Cheese Pizza Garden Salad w/ Romaine Lettuce and Grape Tomatoes Assorted Fresh Fruit 100% Fruit Juice</p>
<p>13 Toasty Cheese & Tots Toasted American Cheese on WW Bread or Veggie Burger Tater Tots Veggie Crunchers Orange Wedges Fresh Apple</p>	<p>14 Burger on WG Bun: Plain or Veggie Burger Vegan Chickpea Pasta Salad Or Vegetarian Beans Veggie Crunchers Fresh Whole Fruit 100% Fruit Juice</p>	<p>15 Brunch 4 Lunch WG Pancakes Turkey Sausage Patty Glazed Carrots Cucumber Sticks Warm Cinnamon Apple Slices Meat Free – Vegan Tenders</p>	<p>16 Oven Roasted Chicken (K & 1 Toasted Cheese) BBQ Sauce, Dinner Roll Tater Tots Veggie Crunchers Fresh Whole Fruit Chilled Fruit Cup Meat Free – Toasted Cheese</p>	<p>17 Pizza by the Slice! WG Cheese Pizza Celebrate the Greens! Garden Salad Crunch Cucumbers, Granny Smith Apples TRY KIWI 100% Fruit Juice</p>
<p>20 Brunch 4 Lunch Egg & Cheese on WG Bun Sweet Potato Tots Veggie Crunchers Fresh Whole Fruit & Fruit Cup</p>	<p>21 Taco Tuesday Turkey or White Bean Taco Tostitos Corn Chips & Soft Tortilla; Vegetarian Beans Toppings – Shredded Cheese, Veggie Crunchers Whole Fresh Fruit & 100% Fruit Juice</p>	<p>22 Chicken or Vegan Tenders BBQ Dipping Sauce WG Pretzel Stick Steamed Fresh Broccoli & Cauliflower Florets Veggie Crunchers Apple Slices & Fruit Cup</p>	<p>23 Fish & Chips WG Fish Sticks & Oven Baked Fries Cole Slaw Orange Wedges Fruit Cup</p>	<p>24 Pizza by the Slice! WG Cheese Pizza Garden Salad w/ Romaine Lettuce and Grape Tomatoes Assorted Fresh Fruit 100% Fruit Juice</p>
<p>27 Toasty Cheese & Tots Toasted American Cheese on WW Bread or Veggie Burger Tater Tots Veggie Crunchers Orange Wedges & Fruit Cup</p>	<p>28 Chicken Nuggets w/ WG Warm Pretzel Stick or Meat Free Toasty Cheese Corn Cucumber Sticks and Ranch Dip Fresh Fruit 100% Fruit Juice</p>	<p>29 Pasta & Meatballs WG Barilla Pasta & Turkey Meatballs, Marinara Sauce Italian Bread Slice Fresh NY Green Beans Fresh Strawberry Fresh Pear</p>	<p>30 Turkey Dinner Or Meat Free Vegan Tenders Served with Brown Gravy Corn Muffin Whole Grain Crackers Candied Sweet Potatoes w/ Marshmallow Topping Apple Slices & Fresh Fruit</p>	<p>31 Pizza by the Slice! WG Cheese or Turkey Pepperoni & Garden Salad w/ Romaine Lettuce and Grape Tomatoes Assorted Fresh Fruit 100% Fruit Juice</p>



Ways we can Fuel for the Future: Eat with the environment in mind. Buying foods in season and shopping locally, when possible, not only benefits the planet, but it also may help you keep food costs down. Enjoying more plant-based meals and snacks is another option. Try more meatless meals or substituting some or all of the meat in recipes with plant-based proteins.

Eat a variety of foods from all food groups.

Fruits, vegetables, grains, protein foods and dairy all play a role in fueling our bodies. Choosing a variety of healthful foods is important, since foods can differ in the nutrients they provide. Follow MyPlate's Daily Recommendations for each food group to get the nutrients you need at each life stage. Eat foods in various forms including fresh, frozen, canned and dried.

To learn more about how to "Fuel for the Future" including resources and printable activity sheets, visit <https://www.whiteplainspublicschools.org/district-offices/food-services/latest-news>

For more information or questions, please contact the WPCSD Food & Nutrition Program Office 914-422-2054. Se habla Español. WG=WholeGrain; WW=WholeWheat; LF=Low Fat

RS=ReducedSugar; FF=FatFree (V)=Vegetarian/Meatless
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