


# WPCSD Eastview Lunch Menu April 2023

#MEATLESSMONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ALL LUNCH MEALS COME WITH ALL FRUITS &amp; VEGETABLES,</b>  <b>Milk choice – 1% or FF white; FF Chocolate</b>  <b>Daily Alternate: WG Bagel &amp; Yogurt:</b>                      WG Bagel, 4oz Fruit Yogurt; LF Mozzarella String Cheese  <b>Entrée Salad Option - Wednesday &amp; Thursday</b>  <i>Garden Salad w/ Mozzarella Cheese; Fresh Romaine; Grape Tomatoes, Cucumber &amp; Baby Carrots w/ Pretzel Stick or Dinner Roll</i>  <b>Deli Sandwich - Monday &amp; Tuesday;</b> Turkey or Turkey Ham &amp; Cheese                      (Alternate Weekly) or Cheese on WG Roll</p>				
<p><b>Spring Recess</b>  <b>April 3<sup>rd</sup> – 7<sup>th</sup> Schools Closed</b></p>				
<p>10  <b>Toasty Cheese &amp; Tots</b>                      Toasted American Cheese on WW Bread or Veggie Burger                      Tater Tots                      Veggie Crunchers                      Fresh Fruit                      Mixed Fruit Cup</p>	<p>11  <b>Burger, Cheeseburger or Veggie burger on WG Bun:</b>  <b>Or Vegetarian Beans</b>                      Veggie Crunchers                      Fresh Whole Fruit                      100% Fruit Juice</p>	<p>12  <b>Brunch 4 Lunch</b>                      WG Waffles &amp; Chicken Nuggets                      Glazed Carrots                      Cucumber Sticks                      Fresh Orange Wedges  <i>Meat Free – Waffles and Vegan Tenders</i></p>	<p>13  <b>Teriyaki Chicken</b>                      w/ Fresh Broccoli Florets                      Served over Brown Rice                      Veggie Crunchers                      Fresh Whole Fruit                      Chilled Fruit Cup  <b>Meat Free – Veggie Burger</b></p>	<p>14  <b>Pizza by the Slice!</b>                      WG Cheese or Turkey Pepperoni &amp; Garden Salad w/ Romaine Lettuce and Grape Tomatoes                      Fresh Orange Wedges                      100% Fruit Juice</p>
<p>17  <b>Brunch 4 Lunch</b>                      WG French Toast w/ String Cheese                      Orange Glazed Carrots                      Veggie Crunchers                      Whole Fruit &amp; Fruit Cup</p>	<p>18  <b>Taco Tuesday</b>                      Turkey or White Bean Taco                      Crunchy Corn Taco Shells (2)                      Brown Rice &amp; Sweet Corn                      Toppings – Shredded Cheese, Veggie Crunchers                      Whole Fresh Fruit &amp; 100% Fruit Juice</p>	<p>19  <b>Baked Mac &amp; Cheese</b>                      Warm Pretzel Stick                      Fresh NY State Green Beans                      Carrot &amp; Celery Crunchers w/ Ranch Dip                      Whole Fresh Fruit                      Fruit Cup</p>	<p>20  <b>Garden Salad w/ Crispy Chicken Tenders or Vegan Tenders</b>                      w/ WG Veggie Crackers                      Cucumber Coins &amp; Grape Tomatoes                      Light Italian or Ranch Dressing                      Baby Carrots                      Fresh Fruit</p>	<p>21  <b>Pizza by the Slice!</b>                      WG Cheese or Turkey Pepperoni &amp; Steamed Broccoli Florets                      Cinnamon Sugar                      Roasted Chickpeas                      Fresh Orange Wedges                      100% Fruit Juice</p>
<p>24  <b>Toasty Cheese &amp; Tots</b>                      Toasted American Cheese on WW Bread or Veggie Burger                      Tater Tots                      Carrot &amp; Celery Crunchers w/ Ranch Dip                      Whole Fruit &amp; Fruit Cup</p>	<p>25  <b>Burger, Cheeseburger or Veggie burger on WG Bun:</b>  <b>Or Vegetarian Beans</b>                      Veggie Crunchers                      Fresh Whole Fruit                      100% Fruit Juice</p>	<p>26  <b>Twisted Topped Mozzarella Breadsticks</b>                      Marinara Dipping Sauce                      Orange Glazed Carrots                      Fresh Strawberries                      Apple Slices</p>	<p>27  <b>Pasta &amp; Meatballs</b>                      WG Pasta w/ Beef Meatballs                      Mixed Veggies                      Veggie Crunchers                      Whole Fruit &amp; Fruit Cup  <b>Oatmeal Cookie Treat w/ Lunch!!</b></p>	<p>28  <b>Pizza by the Slice!</b>                      WG Cheese or Turkey Pepperoni &amp; Garden Salad w/ Romaine Lettuce and Grape Tomatoes                      Fresh Orange Wedges                      100% Fruit Juice</p>

This institution is an equal opportunity provider. If you have a food allergy, please speak to the owner, manager, chef or your server.



Celebrate April:

National:  
 Grilled Cheese Month  
 Soft Pretzel Month  
 Celery Month

**April 21:**  
 National Chickpea Day

**April 22:**  
 Earth Day

**April 26:**  
 National Pretzel Day

**April 30:**  
 National Oatmeal Cookie Day

***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, 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=Whole Grain; WW=Whole Wheat; LF=LowFat**  
**RS=Reduced Sugar; FF=Fat Free**  
**(V)=Vegetarian/Meatless**

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