

Welcome to our Lunch Cafe at...

Irvington Elementary Schools

March
2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday


Friday

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



1 Cheese Pizza Sicilian Style 🍕
Garden Salad
Fresh Baby Carrots
Fresh Apple
1% Milk
Fat Free Milk



4 Nachos with Cheese 🌱
Nachos Grande
Mild Salsa
Cucumber Coins
Diced Pear Cup
1% Milk
Fat Free Milk





5 BBQ Chicken
Brown Rice
Steamed Peas
Roasted Cabbage,
Zucchini & Onion
Sliced Peaches
1% Milk
Fat Free Milk

6 Ham & Cheese Bagel Melt
Steamed Broccoli
Celery
Pineapple Cup
1% Milk
Fat Free Milk

7 Turkey Hot Dog on Bun
Baked Beans
Baked Potato Wedges
Diced Pear Cup
1% Milk
Fat Free Milk

8 Cheese Pizza Sicilian Style 🍕
Side Salad
Fresh Baby Carrots
Fresh Apple
1% Milk
Fat Free Milk



11 Homemade Baked Pasta with Cheese 🌱
Green Beans
Fresh Cucumber Salad
Diced Pear Cup
1% Milk
Fat Free Milk





12 Cheeseburger
Oven Baked Fries
Side Salad
Sliced Peaches
1% Milk
Fat Free Milk



13 Fiesta Chicken Rice Bowl 🌱
Kidney Beans
Salsa
Pineapple Cup
1% Milk
Fat Free Milk

14 Crispy Chicken Sandwich
Sweet Potato Fries
Steamed Broccoli
Diced Pear Cup
1% Milk
Fat Free Milk

15 Cheese Pizza Sicilian Style 🍕
Side Salad
Crispy Potato Puffs
Applesauce
1% Milk
Fat Free Milk



18 Tuna Salad Sandwich 🌱
Broccoli Florets
Celery
Diced Pear Cup
1% Milk
Fat Free Milk

19 Chicken Nuggets
Oven Baked Fries
Green Beans
Sliced Peaches
1% Milk
Fat Free Milk

20 Whole Grain Fish Sticks
Fluffy Mashed Potatoes
Steamed Spinach
Pineapple Cup
1% Milk
Fat Free Milk

21 Cheeseburger
Steamed Carrots
Tomato Salad
Diced Pear Cup
1% Milk
Fat Free Milk

22 Cheese Pizza Sicilian Style 🍕
Confetti Garbanzo Bean Salad
Side Salad
Applesauce
1% Milk
Fat Free Milk



25 Grilled Cheese Sandwich 🌱
Fresh Baby Carrots
Crispy Potato Puffs
Diced Pear Cup
1% Milk
Fat Free Milk





26 Turkey Hot Dog on Bun
Baked Beans
Fresh Cucumber Salad
Sliced Peaches
1% Milk
Fat Free Milk

27 Cheeseburger Mac & Cheese 🌱
Steamed Broccoli
Celery
Diced Pear Cup
1% Milk
Fat Free Milk

28 Chicken Parmesan Sandwich 🌱
Sweet Potato Fries
Green Beans
Diced Pear Cup
1% Milk
Fat Free Milk

29 Cheese Pizza 🍕
Side Salad
Celery
Oven Baked Fries
Applesauce
1% Milk
Fat Free Milk




Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



Menu is subject to change...notice posted when available. If you have any questions or would like additional information regarding this menu, please contact Food Services at (973) 372-2675 or go to www.whitsons.com/irvington.

STUDENT LUNCH PRICES:

FULL PRICE: \$1.65

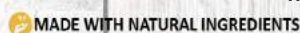
REDUCED: \$.40

Daily milk choices all include Fat Free Chocolate or Lactose Free Milk

Alternate Daily Lunches:

Peanut Butter and Jelly, Garden Salad w/Cheese, Chef Salad, Fruit and Yogurt Parfait, and/or Deli Sandwiches.

All lunches include vegetable (2), Fruit (chilled or fresh), Lowfat and/or skim milk.



*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.