

Port Washington Elementary Lunch

February 2019

FOOD ALLERGIES: IF YOU HAVE FOOD ALLERGIES, PLEASE SPEAK TO THE MANAGER, COOK, OR YOUR SERVER

All Bread Grains in the District are Whole Grains

Fruit Offered Daily: Apples, Orange wedges & Bananas

Vegetables Offered Daily: Baby Carrots, Celery Sticks, Chickpeas or Hummus & Garden Side Salad w/ side of Ranch dressing

Lunch Alternatives Available Daily

Chicken Bites w/ Baked Pretzel Rod

Pizza

Bagel Lunch w/ String Cheese, Egg Salad, Tuna Salad or Boiled Egg.

Sandwiches: Turkey & Cheese, Tuna & PB&J

Mon. Wed. & Friday

Yogurt Parfait (Berries & Nut free granola W/ String Cheese and Pretzel Rods)

Grades K-12 are Offer vs. Serve and must choose at least 3 of the 5 options below

*Meat/Meal Alternate

*Whole Grain Item

*Fruit choice/100% Juice choice

*Vegetable choice

*Milk choice: 1% White, Skim & Skim Choc.

***One of the choices MUST be a fruit, fruit juice or vegetable

Salad bar Schedule

Monday – Salem
Tuesday – Manorhaven
Wednesday – Sousa
Thursday –Guggenheim
Friday - Daly

4

Cinnamon French toast Sticks
Sausage Patty (C)
Hash Brown Patty
Pear

5

SCHOOL CLOSED

6

Macaroni & Cheese
Roasted Butternut Squash
Blueberry Cup

7

Hamburger or Cheeseburger on Bun
Baked Seasoned Waffle Fries
Cucumber & Tomato Salad
Grapes

1

Cheese or Pepperoni Pizza
Glazed Carrots
Applesauce Cup

8

Cheese or Pepperoni Pizza
Chicken Noodle Soup
W/Roll
Zucchini Sticks
Honeydew Melon

11

Grilled Cheese Sandwich &
Tomato Soup
Sweet Potato Fries
Pear

12

Beef Nachos W/ Scoops (1.5 oz.) (S)
Rice & Black Beans
Fiesta Corn
Mango Chunks

13

Cinnamon French toast Sticks
Sausage Patty (C)
Hash Brown Patty
Blueberry Cup

14

Macaroni & Cheese W/ Roll
Steamed Spinach
Strawberry Cup

15

FARM FRESH FRIDAY
Made w/ Local Beef

Cheeseburger Pizza or Cheese Pizza
Baked Summer Squash
Watermelon

18

SCHOOL CLOSED

19

SCHOOL CLOSED

20

SCHOOL CLOSED

21

SCHOOL CLOSED

22

SCHOOL CLOSED

25

Chicken Tenders
Homemade Coleslaw
Cucumber & Tomato Salad
Watermelon

26

Trio Quesadillas

Cheese, Chicken or Taco Quesadilla Triangles
Black Beans/Mexicali Corn
Zucchini Sticks
Fresh Pineapple

27

Cinnamon French toast Sticks
Sausage Patty (C)
Hash Brown Patty
Cantaloupe

28

Macaroni & Cheese W/Garlic Bread
Roasted Broccoli
Strawberry Cup

Items with following identifications
(P) Pork
(S) Contains Sunflower Oil
(C) Chicken

