

# Welcome to our Lunch Cafe @ Side By Side Elementary

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday



**HARVEST**  
of the  
MONTH



We proudly support clean, organic, local and sustainable agriculture.

**Weekly Alternate Meal: Fresh Cobb Salad with Chicken and 2 Whole Wheat Dinner Rolls**

1 Chicken & Vegetable Rice Bowl  
fluffy rice topped with vegetable stir fry and baked chicken 🍴  
Celery  
Garbanzo Beans  
Fresh Pear  
Sliced Peaches  
**IT'S STUDENT APPRECIATION DAY**

2 Cheese Pizza  
crispy pizza dough topped with tomato sauce and melted cheese 🍴  
Or Pepperoni Pizza 🍴  
Garden Salad  
Veggie Dippers  
Fresh Banana  
Applesauce  
**GROUND HOG DAY!**

5 General Tso's Chicken Rice Bowl  
General Tso's chicken bowl with brown rice, broccoli, and scallions 🍴  
Grape Tomatoes  
Cucumber Coins  
Fresh Orange  
Cinnamon Applesauce

6 French Toast 🍴  
Turkey Sausage Patty  
Cinnamon Apple Slices  
With Syrup  
Fresh Baby Carrots  
Pineapple Tidbits  
**BRUNCH FOR LUNCH TODAY!**

7 Mac & Cheese  
pasta in cheese sauce, garnished with parsley 🍴  
Broccoli Florets  
Red Pepper Strips  
Fresh Apple  
Diced Pears

8 Beef Hot Dog on Bun  
juicy beef hot dog on a soft bun  
Baked Beans  
Cucumber Coins  
Fresh Pear  
Sliced Peaches

9 Cheese Pizza  
crispy pizza dough topped with tomato sauce and melted cheese 🍴  
Or Pepperoni Pizza 🍴  
Caesar Salad  
Green Pepper Slices  
Veggie Dippers  
Fresh Banana

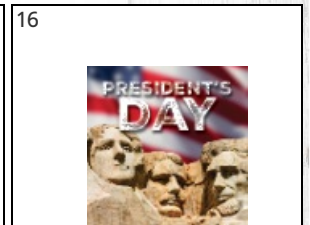
**Weekly Alternate Meal: Whole Wheat Bagel & Organic Yogurt with a Low Fat Cheesestick**

12 Chicken Tenders  
crispy chicken tenders perfect for dipping in your favorite sauce  
Sweet Potato Fries  
Grape Tomatoes  
Cucumber Coins  
Fresh Orange  
Fresh Grapes

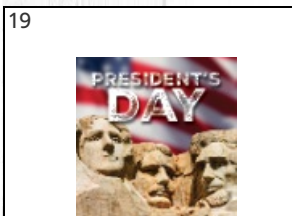
13 Pancakes & Sausage  
light and fluffy pancakes served with a sausage patty  
With Syrup  
Cinnamon Apple Slices  
Fresh Baby Carrots  
**BRUNCH FOR LUNCH TODAY!**

14 Grilled Cheese  
melted cheese on golden toasted bread 🍴  
Tomato Soup  
Cucumber Coins  
Fresh Grapes  
Pineapple Tidbits  
Diced Pears  
**LUCKY TRAY DAY!**  
**HAPPY VALENTINE'S DAY!**

**PROFESSIONAL DEVELOPMENT DAY!**  
**SCHOOLS CLOSED!**



**Weekly Alternate Meal: Fresh Spinach Salad with Chicken and 2 Whole Wheat Dinner Rolls**



20 Stuffed Bread Sticks  
baked bread sticks filled with melted cheese 🍴  
Tomato Sauce Dip 🍴  
Grape Tomatoes  
Celery  
Fresh Pear  
Cinnamon Applesauce

21 BBQ Chicken Sandwich  
baked chicken smothered in BBQ sauce on a bun  
Corn  
Red Pepper Strips  
Fresh Apple  
Diced Pears

22 Cheeseburger  
burger topped with cheese on a freshly toasted bun  
Or Burger  
burger on a freshly toasted bun  
Baked Potato Wedges  
Celery  
Fresh Pear  
Pineapple Tidbits

23 Cheese Pizza  
crispy pizza dough topped with tomato sauce and melted cheese 🍴  
Or Pepperoni Pizza 🍴  
Or Fish Sandwich 🍴  
Caesar Salad  
Green Pepper Slices  
Fresh Banana

**Weekly Alternate Meal: Organic Veggie Burger on a Whole Wheat Bun with or without cheese**

26 Mixed Up Chicken  
golden chicken nuggets and chicken tenders with a dinner roll  
Mashed Potatoes  
With Brown Gravy  
Grape Tomatoes  
Cucumber Coins  
Sliced Oranges  
Diced Peaches

27 Egg and Cheese Sandwich 🍴  
Tator Tots  
Fresh Baby Carrots  
Cucumber Coins  
Fresh Apple  
Pineapple Tidbits  
**BRUNCH FOR LUNCH TODAY!**

28 Chicken Parmesan Over Pasta  
oven baked chicken topped with sauce and melted cheese, all over pasta 🍴  
Celery  
Red Pepper Strips  
Fresh Pear  
Pineapple Tidbits

**LENTON SPECIAL:**  
**AVAILABLE EVERY FRIDAY DURING LENT**  
**FISH FILLET SANDWICH ON A WHOLE WHEAT BUN WITH TARTAR SAUCE**

**Weekly Alternate Meal: Turkey & Cheese on a Whole Wheat Roll**

## SIMPLY ROOTED™ in food and family

At Whitsons we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply

Rooted™ in food and family and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



Lunch Prices:  
Elementary Lunch \$2.65  
Middle School Lunch \$3.25  
Reduced Lunch \$.40 Milk \$.50  
Lunch Includes:  
Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk  
If you have any questions please contact the Frank Harris Nutrition Center at 203-899-2990.

Daily Alternate Lunch Available:  
Tossed Garden Salad: Romaine Lettuce, Grape Tomatoes, Cucumber, Carrot, Low Fat Cheese and 2 Whole Wheat Dinner Rolls. Served with Low Fat Dressing.  
Cheese Sandwich: Whole Wheat Bun, Low Fat American Cheese, and Baby Carrots. Served with Low Fat Dressing.  
Grades 6th - 8th Deli Option: Turkey, Ham, Turkey Salami, Turkey Bologna, Tuna Salad, American, Provolone, or Swiss Cheese, Lettuce, Tomato, WW Kaiser Roll, WW Tortilla Wrap, Assorted Condiments.  
Weekly Alternate Meal Listed On Menu.  
Fresh Seasonal Fruits and Vegetable Selections Available Daily.

🌿 VEGETARIAN 🍴 MADE WITH ALL NATURAL INGREDIENTS 🍖 PORK 🌱 VEGAN 🍃 MADE WITH ORGANIC INGREDIENTS

\*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.