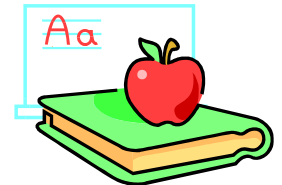


# Pocantico Hills Central School

## September 2010 Lunch Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1	2	3
		Superintendent's Conference Day No School for Students 1-Sep-10	Superintendent's Conference Day No School for Students 2-Sep-10	SCHOOL CLOSED Labor Day Recess September 3-6, 2010
6	7	8	9	10
SCHOOL CLOSED Labor Day 6-Sep-10	<u>First Day of School</u> Pizza Carrot/Celery Stix Diced Peaches	Soup Assorted Sandwiches or Wraps Lettuce/Tomato Cup Apples	SCHOOL CLOSED Rosh Hashanah 9-Sep-10	SCHOOL CLOSED Rosh Hashanah 10-Sep-10
13	14	15	16	17
Chicken Fajita Mexican Rice Cheddar Cheese Sauce Salsa Grapes	Soup Ham or Turkey Sandwiches Lettuce/Tomato Cups Sliced Pears	Burgers Macaroni Salad Carrot/Celery Stix Watermelon	Soup Fish and Chips Veggie Cups Fruit Cocktail	Assorted Sandwiches Potato Salad Lettuce/Tomato Cup Pickles Assorted Desserts
20	21	22	23	24
All American Hot Dogs Veggie Baked Beans Sauerkraut Apples Applesauce	Soup Chicken or Cheese Quesadilla Salsa Sour Cream Pineapple Nibs	<u>Brunch for Lunch</u> Pocantico McMuffin Toast Stix Breakfast Sausage Fruit Toppings	Soup Turkey & Lettuce Wraps Assorted Toppings Pickles Sliced Peaches	Cheese Pizza Salad Cups Assorted Desserts
27	28	29	30	
Meatball Hero Carrot/Celery Stix Sliced Pears	Soup Chicken Cutlet on Whole Wheat Bun Lettuce/Tomato Cups Assorted Fresh Fruits	Salad Bar Mini Assorted Sandwiches Diced Peaches	Soup Turkey or Chicken on Whole Wheat Bun Veggie Cups Fresh Pears, Apples or Oranges	<u>Ticket Books:</u> 20 Lunch Tickets      \$38.00 5 Lunch Tickets        10.00 10 Breakfast Tickets    10.00 5 Breakfast Tickets     5.00 Large Snacks - \$1.00 Small Snacks & Ice Cream - .75 ¢
*Nina Suchy, Cafeteria Mgr.	Tel. #631-2440, ext. 116			

**Available Daily**  
4oz. Juice  
8oz. RBST Hormone Free Milk



**Breakfast Extras**

- Oatmeal
- Bananas
- Assorted Cereals
- Mini Yogurts
- Granola Bars
- Hard Boiled Egg
- Whole Grain & Wheat Bagels

**Food Allergies?**  
Please alert your server to  
any food allergies you have

**LUNCH EXTRAS**

- Fresh Fruit .50¢
- 10 oz. Juice \$1.00
- Fruit Yogurt .75¢
- A la Carte \$1.00
- Peanut Butter & Jelly \$1.00
- Hard Boiled Egg

**Did you know:** Our milk is  
RBST and hormone free!  
Our menu is also free of  
hydrogenated oils (transfats)  
and high fructose corn syrup  
to the greatest extent possible.