

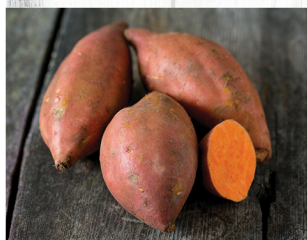


Welcome to our Lunch Cafe

Park Early Childhood Center Pre-K Lunch

September
2020

Monday



Tuesday

1
**SCHOOL
CLOSED
TODAY**

Wednesday

2
**SCHOOL
CLOSED
TODAY**

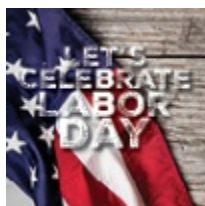
Thursday

3
**SCHOOL
CLOSED
TODAY**

Friday

4
**SCHOOL
CLOSED
TODAY**

7



8
Staff Only

9
Virtual Learning

10

11

14

15

16
See TAKE HOME MENU

17

18

21 Yogurt Lunch
WW Bagel
Broccoli Bites
100% Juice Fruit Punch

22 Cheese Sandwich
Cucumber Coins
Fresh Apple

23 Turkey & Cheese Sandwich
Fresh Baby Carrots
Fresh Orange

24 Yogurt Lunch
WW Bagel
Broccoli Bites
100% Juice Fruit Punch

25 Cheese Sandwich
Cucumber Coins
Fresh Apple

28

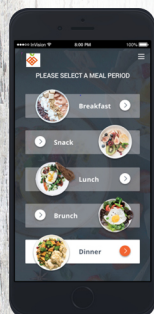
**SCHOOL
CLOSED
TODAY**

29 Turkey & Cheese Sandwich
Fresh Baby Carrots
Fresh Orange

30 Yogurt Lunch
WW Bagel
Celery
100% Juice Fruit Punch

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.



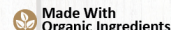
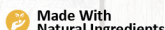
We are Simply Rooted® in food and family
and our menus are nutritious and flavorful.
Check out our mobile menu at
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charge, from the App Store
or Google Play, and view
your menu on your mobile
device anywhere.



**SKIM or 1%
White Milk
served Daily
with Meals**

See TAKE HOME MEAL MENU

If you have any questions or would like additional
information regarding this menu please contact
your food service director Ina van der Sande 914
762 5760x2387



*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.



Welcome to our Breakfast Cafe

Ossining Elementary Schools

Free Breakfast Daily

September
2020

Monday

Tuesday

Wednesday

Thursday

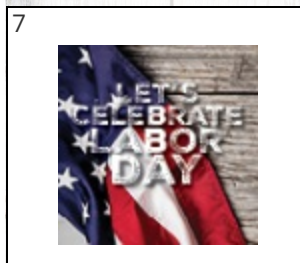
Friday

1
**SCHOOL
CLOSED
TODAY**

2
**SCHOOL
CLOSED
TODAY**

3
**SCHOOL
CLOSED
TODAY**

4
**SCHOOL
CLOSED
TODAY**



7
Staff Only

8
Virtual Learning

9
See: TAKE HOME MEAL MENU

10
See: TAKE HOME MEAL MENU

11
See: TAKE HOME MEAL MENU

12
See: TAKE HOME MEAL MENU

13
See: TAKE HOME MEAL MENU

14
See: TAKE HOME MEAL MENU

15
See: TAKE HOME MEAL MENU

21 Cinnamon Toast
Crunch Cereal Bar
NY String Cheese
100% Orange Juice
Blend
Fresh Apple
Fat Free Milk
1% Milk

22 Apple Cinnamon
Muffin
100% Orange Juice
Blend
Applesauce
Fat Free Milk
1% Milk

23 Mini Blueberry Bash
Waffles
100% Juice Fruit
Punch
Fresh Orange
Fat Free Milk
1% Milk

24 Cinnamon Toast
Crunch Cereal Bar
Mozzarella String
Cheese
100% Apple Juice
Fresh Banana
Fat Free Milk
1% Milk

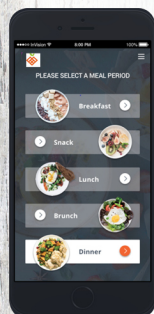
25 Apple Cinnamon
Muffin
100% Juice Fruit
Punch
Fresh Orange
Fat Free Milk
1% Milk

26
**SCHOOL
CLOSED
TODAY**

27 WG Blueberry
Muffin
100% Orange Juice
Blend
Fresh Apple
Fat Free Milk
1% Milk

28 Reduced Sugar
Cinnamon Toast
Crunch
WG Non-GMO Honey
Graham Crackers
100% Juice Fruit
Punch
Fresh Orange
Fat Free Milk

**FUEL YOUR DAY
THE RIGHT WAY.
EAT A HEALTHY
BREAKFAST!**

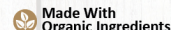
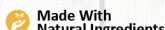


We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



All Breakfast Meals offered with: Fat free or 1% White Milk Fresh Fruit, 100% Fruit Juice
Any Questions?
Contact FSD
Ina vd Sande
914-762 5760x2380

SEE TAKE HOME MEAL MENU



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Welcome to our Lunch Cafe

Ossining Elementary Schools

September
2020

Free Lunch

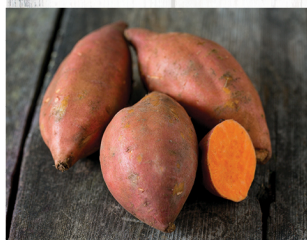
Monday

Tuesday

Wednesday

Thursday

Friday

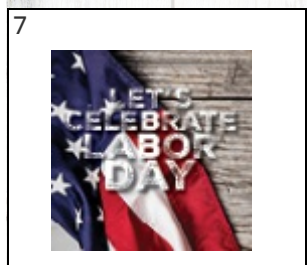


1
**SCHOOL
CLOSED
TODAY**

2
**SCHOOL
CLOSED
TODAY**

3
**SCHOOL
CLOSED
TODAY**

4
**SCHOOL
CLOSED
TODAY**



8
Staff Only

9
Virtual Learning

10

11

14

15

16
See Take Home Meal Menu

17

18

21 - Yogurt Lunch
WW Bagel
2 - Turkey & Cheese Sandwich
3 - Cheese Sandwich
Broccoli Bites
Red Pepper Strips
Fresh Banana
Fresh Orange

22 1 - Yogurt Lunch
WW Bagel
2 - Ham & Cheese Sandwich
3 - Cheese Sandwich
Cherry Tomatoes
Cucumber Coins
Fresh Apple
Pineapple

23 1 - Yogurt Lunch
WW Bagel
2 - Not-A-Nut Butter & Jelly Sandwich
3 - Cheese Sandwich
Garbanzo Beans
Celery Sticks
Berry Cup
Fresh Orange

24 1 - Yogurt Lunch
WW Bagel
2 - Turkey & Cheese Sandwich
3 - Cheese Sandwich
Red Pepper Strips
Broccoli Bites
Fresh Banana
Fresh Orange

25 1 - Yogurt Lunch
WW Bagel
2 - Ham & Cheese Sandwich
3 - Cheese Sandwich
Cucumber Coins
Cherry Tomatoes
Fresh Apple
Pineapple

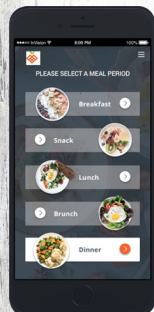
28
**SCHOOL
CLOSED
TODAY**

29 1 - Yogurt Lunch
WW Bagel
2 - Not-A-Nut Butter & Jelly Sandwich
3 - Cheese Sandwich
Garbanzo Beans
Cucumber Coins
Fresh Orange
Fresh Apple

30 1 - Yogurt Lunch
WW Bagel
2 - Turkey & Cheese Sandwich
3 - Cheese Sandwich
Carrot Dippers
Fresh Banana
Applesauce

HARVEST of the MONTH

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We also focus on using ingredients that are locally sourced,
all-natural, organic and non-GMO whenever possible.



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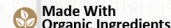
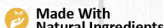
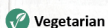
Milk Offered with
Meals
1% White, Fat Free

Price: Adult-\$3.93 + tax

FREE Lunch Meals for Students

Questions? Contact FSD Ina vd Sande
762 5760x2380

914-





Welcome to our Breakfast Cafe

Ossining AMD Middle School

Free Breakfast Daily

September 2020

Monday

Tuesday

Wednesday

Thursday

Friday

1

SCHOOL
CLOSED
TODAY

2

SCHOOL
CLOSED
TODAY

3

SCHOOL
CLOSED
TODAY

4

SCHOOL
CLOSED
TODAY

7



8

STAFF ONLY
DAY

9

VIRTUAL LEARNING

10

11

14

15

See TAKE HOME MEAL MENU

16

17

18

21 Cinnamon Toast
Crunch Cereal Bar
Mozzarella String
Cheese
Apple Grape 100%
Juice
Fresh Orange
Fat Free Milk
1% Milk

22 Maple Mini Waffles
Fresh Apple
100% Juice Fruit
Punch
Fat Free Milk
1% Milk

23 WG Banana Muffin
Apple Grape 100%
Juice
Fresh Banana
Fat Free Milk
1% Milk

24 Cinnamon Toast
Crunch Cereal Bar
Mozzarella String
Cheese
Fresh Apple
100% Juice Fruit
Punch
Fat Free Milk
1% Milk

25 Maple Mini Waffles
100% Apple Juice
Fresh Orange
Fat Free Milk
1% Milk

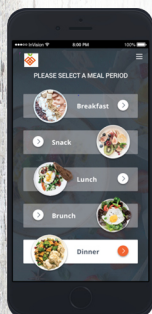
28

SCHOOL
CLOSED
TODAY

29 WG Blueberry Muffin
100% Apple Juice
Fresh Orange
Fat Free Milk
1% Milk

30 Soft Filled Cinnamon
Toast Crunch Bar
100% Orange Juice
Blend
Fresh Banana
Fat Free Milk
1% Milk

FUEL YOUR DAY
THE RIGHT WAY.
EAT A HEALTHY
BREAKFAST!



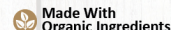
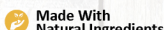
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All Breakfast Meals offered with Fat free or 1% Milk
Other Offerings:

WG reduced sugar Cereal & Yogurt
Whole Grain Bagel & Cream Cheese

TAKE HOME MEAL MENU FOR DISTANCE LEARNERS



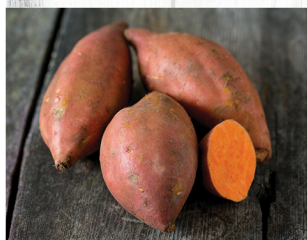
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Welcome to our Lunch Cafe

Ossining AMD Middle School

September
2020

Monday



Tuesday

1
**SCHOOL
CLOSED
TODAY**

Wednesday

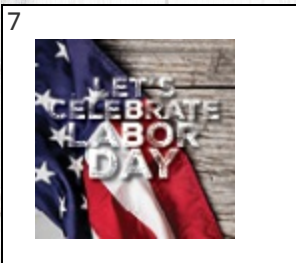
2
**SCHOOL
CLOSED
TODAY**

Thursday

3
**SCHOOL
CLOSED
TODAY**

Friday

4
**SCHOOL
CLOSED
TODAY**



8
Staff Only

9
Virtual Learning

10

11

14

15

16
See TAKE HOME MENU

17

18

21 Turkey & Cheese Sandwich
American Combo Sandwich **P**
Garden Salad with Hard Boiled Eggs & Dinner Rolls **V** **OR**
Beef Hot Dog on Bun
Carrot Dippers
Green Pepper Slices
Fresh Apple

22 Turkey & Cheese Sandwich
Ham & Cheese Sandwich **P**
Garden Salad with Hard Boiled Eggs & Dinner Rolls **V** **OR**
Grilled Cheese Sandwich **V**
Celery Sticks
Black Beans

23 Turkey & Cheese Sandwich
Simply Boxed Yogurt Power Pack **V** **OR**
Cherry Tomatoes
Cucumber Coins
Fresh Orange
100% Orange Juice Blend

24 Turkey & Cheese Sandwich
American Combo Sandwich **P**
Garden Salad with Hard Boiled Eggs & Dinner Rolls **V** **OR**
Beef Hot Dog on Bun
Carrot Dippers
Green Pepper Slices
Fresh Apple

25 Turkey & Cheese Sandwich
American Combo Sandwich **P**
Garden Salad with Hard Boiled Eggs & Dinner Rolls **V** **OR**
Grilled Cheese Sandwich **V**
Celery Sticks
Black Beans

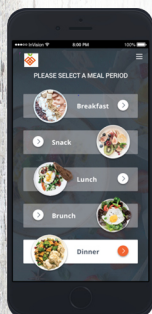
28
**SCHOOL
CLOSED
TODAY**

29 Turkey & Cheese Sandwich
Garden Salad with Hard Boiled Eggs & Dinner Rolls **V** **OR**
Mozzarella Sticks **V**
Carrot Dippers
Broccoli Florets
Fresh Orange
100% Juice Fruit Punch

30 American Combo Sandwich **P**
Chef Salad **P** **OR**
Cherry Tomatoes
Garbanzo Beans
100% Apple Juice
Fresh Banana

HARVEST of the MONTH

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We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



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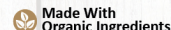
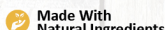


All Lunch Meals offered with:
Fat Free or 1% Milk
Selection of fresh cupped or wrapped vegetables & fruit available daily

LUNCH IS FREE for all students

Adult - \$3.93 + Tax

For questions contact Ina van der Sande 914 762 5760x2380



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Welcome to our Breakfast Cafe

Ossining High School FREE BREAKFAST DAILY

September
2020

Monday

Tuesday

Wednesday

Thursday

Friday

1

SCHOOL
CLOSED
TODAY

2

SCHOOL
CLOSED
TODAY

3

SCHOOL
CLOSED
TODAY

4

SCHOOL
CLOSED
TODAY

7



8

Staff Only

9

Virtual Learning

See TAKE HOME MEAL MENU

10

11

14

15

16

17

18

21

Egg and Cheese Sandwich
Turkey Bacon
Fresh Apple
100% Juice Fruit
Punch

22

Egg and Cheese Sandwich
Turkey Sausage
Patty
Fresh Banana
100% Apple Juice

23

Apple Cinnamon
Muffin
Fresh Apple
100% Juice Fruit
Punch

24

Egg and Cheese Sandwich
Turkey Sausage
Patty
100% Orange Juice
Blend
Fresh Apple

25

Egg and Cheese Sandwich
Turkey Bacon
Fresh Orange
100% Juice Fruit
Punch

28

SCHOOL
CLOSED
TODAY

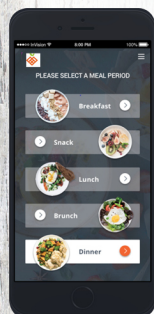
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Egg and Cheese Sandwich
Fresh Orange
100% Apple Juice

30

Mini Blueberry Bash
Waffles
Fresh Banana
100% Apple Juice

**FUEL YOUR DAY
THE RIGHT WAY.
EAT A HEALTHY
BREAKFAST!**



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Adult Price \$2.42 + Tax

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Breakfast is served in the cafe between the hours of 7:30am and 9:30am



Vegetarian



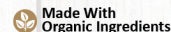
Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients

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Ossining High School

Welcome to our
Lunch Cafe

9/21/2020 - 9/25/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

Italian Combo Sandwich
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato 

Italian Combo Sandwich
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato 

Italian Combo Sandwich
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato 

Italian Combo Sandwich
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato 

Italian Combo Sandwich
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato 

Turkey & Cheese Sandwich 

Turkey & Cheese Sandwich 

Turkey & Cheese Sandwich 

Turkey & Cheese Sandwich 

Turkey & Cheese Sandwich 

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps

Selection of fresh fruit and
Juice served with all meals

Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house 
Baked Potato Wedges

General Tso's Chicken Wrap
grilled chicken, julienned carrots and lettuce on tortilla wrap spread with General Tso's sauce 
Baked Potato Wedges

Quesadilla Santa Fe
juicy chicken, cheese, roasted peppers and corn inside a soft tortilla wrap spread with salsa prepared in-house 
Baked Potato Wedges

Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house 
Baked Potato Wedges

BLT Burger
freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun 
Baked Potato Wedges

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken

NY Fruity Yogurt Parfait with Granola
local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola 

NY Fruity Yogurt Parfait with Granola
local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola 

NY Fruity Yogurt Parfait with Granola
local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola 

NY Fruity Yogurt Parfait with Granola
local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola 

NY Fruity Yogurt Parfait with Granola
local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola 

Chef Salad  

Dinner Rolls  

Dinner Rolls  

Simply Boxed Meat and Cheese Protein 

Chef Salad  

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk

Selection of
veggies cupped

Spinach Salad
Cucumber Coins
Cherry Tomatoes
Green Pepper Slices
Red Pepper Strips
Carrot Sticks
Croutons
Olives
Celery
Lactose Free Milk
1% Milk

Spinach Salad
Cucumber Coins
Cherry Tomatoes
Green Pepper Slices
Red Pepper Strips
Carrot Sticks
Croutons
Olives
Celery
Lactose Free Milk
1% Milk

Spinach Salad
Cucumber Coins
Cherry Tomatoes
Green Pepper Slices
Red Pepper Strips
Carrot Sticks
Croutons
Olives
Celery
Lactose Free Milk
1% Milk

Spinach Salad
Cucumber Coins
Cherry Tomatoes
Green Pepper Slices
Red Pepper Strips
Carrot Sticks
Croutons
Olives
Celery
Lactose Free Milk
1% Milk

Spinach Salad
Cucumber Coins
Cherry Tomatoes
Green Pepper Slices
Red Pepper Strips
Carrot Sticks
Croutons
Olives
Celery
Lactose Free Milk
1% Milk

Pepperoni Pizza
freshly made in-house cheese pizza topped with pepperoni 

Cheese Pizza
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp  

Pepperoni Pizza
freshly made in-house cheese pizza topped with pepperoni 

Cheese Pizza
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp  

BBQ Chicken Pizza
freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion 

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

WHITSON'S
School Nutrition

SIMPLY ROOTED
in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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 Vegetarian

 Made With Natural Ingredients

 Pork

 Smart Choice

 Made With Organic Ingredients

Ossining High School

Welcome to our
Lunch Cafe

9/28/2020 - 9/30/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Italian Combo Sandwich
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato

Turkey & Cheese Sandwich

Italian Combo Sandwich
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato

Turkey & Cheese Sandwich

Italian Combo Sandwich
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato

Turkey & Cheese Sandwich

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps



Buffalo Chicken Wrap
warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato
Baked Potato Wedges

Chicken chicken
Vegetable Fried Rice
Baked Potato Wedges
Pineapple
Onion

Quesadilla Santa Fe
juicy chicken, cheese, roasted peppers and corn inside a soft tortilla wrap spread with salsa prepared in-house
Baked Potato Wedges

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



NY Fruity Yogurt Parfait with Granola
local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola

Chef Salad

NY Fruity Yogurt Parfait with Granola
local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola

Chef Salad

NY Fruity Yogurt Parfait with Granola
local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola

Garden Salad with Hard Boiled Eggs &

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Romaine Lettuce
Spinach Salad
Cherry Tomatoes
Carrot Sticks
Olives
Celery
Lactose Free Milk
1% Milk
Fat Free Milk
Fat Free Chocolate Milk

Romaine Lettuce
Spinach Salad
Cherry Tomatoes
Carrot Sticks
Olives
Celery
Lactose Free Milk
1% Milk
Fat Free Milk
Fat Free Chocolate Milk

Romaine Lettuce
Spinach Salad
Cherry Tomatoes
Carrot Sticks
Olives
Celery
Lactose Free Milk
1% Milk
Fat Free Milk
Fat Free Chocolate Milk



Cheese Pizza
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp

Pepperoni Pizza
freshly made in-house cheese pizza topped with pepperoni

Pepper & Onion Pizza
freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

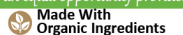
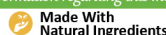


SIMPLY ROOTED
in food & family

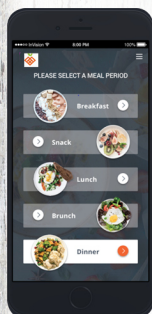
We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.whitsons.com.

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

***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. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.



Lunes	Martes	Miércoles	Jueves	Viernes
	1 SCHOOL CLOSED TODAY	2 SCHOOL CLOSED TODAY	3 SCHOOL CLOSED TODAY	4 SCHOOL CLOSED TODAY
7 	8 Solo Personal	9 Aprendizaje virtual.	10	11
14	15	16 Ver menú de comida para llevar a casa	17	18
21 Almuerzo de yogur Bagel de Trigo Integral Brócoli Jugo de 100% Fruta	22 Sándwich de Queso Rodajas de Pepinos Manzana Fresca	23 Sándwich De Pavo Y Queso Zanahorias Pequeñas Naranja Fresca	24 Almuerzo de yogur Bagel de Trigo Integral Brócoli Jugo de 100% Fruta	25 Sándwich de Queso Rodajas de Pepinos Manzana Fresca
28 SCHOOL CLOSED TODAY	29 Sándwich De Pavo Y Queso Zanahorias Pequeñas Naranja Fresca	30 Almuerzo de yogur Bagel de Trigo Integral Apio Jugo de 100% Fruta	HARVEST of the MONTH Whitsons se enorgullece de apoyar la agricultura limpia y sostenible. También nos enfocamos en el uso de ingredientes que son de origen local, totalmente naturales, orgánicos y no transgénicos, siempre que sea posible.	



Somos Simply Rooted® en comida y familia y nuestros menús son nutritivos y sabrosos. Consulte nuestro nuevo menú móvil en www.FD-MealPlanner.com o descargue nuestra aplicación FD MealPlanner de forma gratuita, desde la App Store o Google Play, y acceda a su menu desde cualquier lugar que se encuentre a través de su dispositivo móvil.



Leche blanca descremada
o al 1% servida
diariamente con las
comidas

Ver MENÚ COMIDA PARA LLEVAR A CASA si
tiene alguna pregunta o desea información
adicional sobre este menú,

Gina Cruz Lopez 914 762 5760x2387

Bienvenido a Nuestro Desayuno

Ossining Elementary Schools Desayuno Gratis A Diario

Setiembre
2020

Lunes	Martes	Miércoles	Jueves	Viernes
	1 SCHOOL CLOSED TODAY	2 SCHOOL CLOSED TODAY	3 SCHOOL CLOSED TODAY	4 SCHOOL CLOSED TODAY
7 	8 Sólo Personal	9 Virtula Learning.	10	11
14	15 Ver menú para llevar a casa	16	17	18
21 Barra De Cereal De Canela Tostada Palitos de Queso Mozzarella Jugo de Naranja Manzana Fresca Leche de Skim Leche 1%	22 Mollete De Manzana Y Canela Jugo de Naranja coba Leche de Skim Leche 1%	23 Mini Blueberry Bash Waffles Jugo de 100% Fruta Naranja Fresca Leche de Skim Leche 1%	24 Barra De Cereal De Canela Tostada Palitos de Queso Mozzarella Jugo de Manzana Banana Fresca Leche de Skim Leche 1%	25 Mollete De Manzana Y Canela Jugo de 100% Fruta Naranja Fresca Leche de Skim Leche 1%
28 SCHOOL CLOSED TODAY	29 Molette de arándano Jugo de Naranja Manzana Fresca Leche de Skim Leche 1%	30 Cinnamon Toast Crunch Galletas de Ositos de Vainilla Jugo de 100% Fruta Naranja Fresca Leche de Skim Leche 1%	ENERGIA TU DIA. COMIENDO UN DESAYUNO SALUDABLE! 	

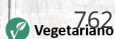


Whitsons está ofreciendo opciones Lunes sin Carne! Los estudios han demostrado que aumentar la cantidad de proteínas base a vegetales en su dieta puede reducir el riesgo de condiciones crónicas prevenibles, como el cáncer, las enfermedades cardiovasculares y la obesidad.



Todas las comidas de desayuno se ofrecen con:
Leche blanca sin grasa o
1% Fruta fresca, 100% jugo de fruta

Alguna pregunta?
Gina Gruz López 914-

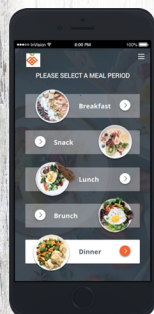


762 5760 x2387



* Consumo de carne, pollo, pescado, mariscos o huevos crudo o mal cocida puede aumentar su riesgo de enfermedades transmitidas por alimentos, especialmente si usted tiene ciertas condiciones médicas. Menú está sujeto a cambios, aviso publicado si está disponible. Esta institución es un proveedor de igualdad de oportunidades, empleador y prestamista.

Lunes	Martes	Miércoles	Jueves	Viernes
	1 SCHOOL CLOSED TODAY	2 SCHOOL CLOSED TODAY	3 SCHOOL CLOSED TODAY	4 SCHOOL CLOSED TODAY
7 	8 Sólo Personal	9 Aprendizaje Virtual	10	11
14	15	16	17	18
Ver menú de comida para llevar a casa				
21 1 - Almuerzo de yogur Bagel de Trigo Integral Sándwich De Pavo Y 2 - Queso 3 - Sándwich de Queso Brócoli Tiras De Pimiento Rojo Banana Fresca Naranja Fresca	22 1 - Almuerzo de yogur Bagel de Trigo Integral Sándwich de Jamón y Queso 2 - Sándwich de Queso Tomates Cereza Rodajas de Pepinos Manzana Fresca Piña	23 1 - Almuerzo de yogur Bagel de Trigo Integral Sándwich de mantequilla y jalea sin nueces 2 - Sándwich de Queso Garbanzos Palitos de Apio Arándanos y Fresas Naranja Fresca	24 1 - Almuerzo de yogur Bagel de Trigo Integral Sándwich De Pavo Y Queso 2 - Sándwich de Queso 3 - Tiras De Pimiento Rojo Brócoli Banana Fresca Naranja Fresca	25 1 - Almuerzo de yogur Bagel de Trigo Integral Sándwich de Jamón y Queso 2 - Sándwich de Queso Rodajas de Pepinos Tomates Cereza Manzana Fresca Piña
28 SCHOOL CLOSED TODAY	29 1 - Almuerzo de yogur Bagel de Trigo Integral Sándwich de mantequilla y jalea sin nueces 2 - Sándwich de Queso Garbanzos Rodajas de Pepinos Naranja Fresca Manzana Fresca	30 1 - Almuerzo de yogur Bagel de Trigo Integral Sándwich De Pavo Y Queso 2 - Sándwich de Queso 3 - Palitos de Zanahorias Banana Fresca coba	 Whitsons se enorgullece de apoyar la agricultura limpia y sostenible También nos enfocamos en el uso de ingredientes que son de origen local, totalmente naturales, orgánicos y no transgénicos, siempre que sea posible.	



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y nuestros menús son nutritivos y sabrosos.
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FD MealPlanner de forma
gratuita, desde la App Store
o Google Play, y acceda a su
menu desde cualquier lugar
que se encuentre a través de su dispositivo móvil.



Preguntas? Contactar
Gina Cruz Lopez 914-762
5760 x 2387

Almuerzos GRATIS para
estudiantes

Leche ofrecida con las comidas 1%
blanco, sin grasa

Bienvenido a Nuestro Desayuno

Ossining AMD Middle School

Setiembre
2020

FREE BREAKFAST

Lunes

Martes

Miércoles

Jueves

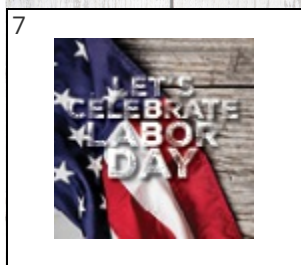
Viernes

1
**SCHOOL
CLOSED
TODAY**

2
**SCHOOL
CLOSED
TODAY**

3
**SCHOOL
CLOSED
TODAY**

4
**SCHOOL
CLOSED
TODAY**



8
Sólo Personal

9

10

11

Virtula Learning

14

15

16
Ver menú para llevar a casa

17

18

21 Barra De Cereal De Canela Tostada
Palitos de Queso
Mozzarella
Manzana Jugo de Uva
Naranja Fresca
Leche de Skim
Leche 1%

22 Maple Mini Waffles
Manzana Fresca
Jugo de 100% Fruta
Leche de Skim
Leche 1%

23 Mollete de Platano
Manzana Jugo de Uva
Banana Fresca
Leche de Skim
Leche 1%

24 Barra De Cereal De Canela Tostada
Palitos de Queso
Mozzarella
Manzana Fresca
Jugo de 100% Fruta
Leche de Skim
Leche 1%

25 Maple Mini Waffles
Jugo de Manzana
Naranja Fresca
Leche de Skim
Leche 1%

28
**SCHOOL
CLOSED
TODAY**

29 Molette de arándano
Jugo de Manzana
Naranja Fresca
Leche de Skim
Leche 1%

30 Soft Filled Cinnamon
Toast Crunch Bar
Jugo de Naranja
Banana Fresca
Leche de Skim
Leche 1%

**ENERGIA TU
DIA. COMIENDO
UN DESAYUNO
SALUDABLE!**

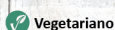


Whitsons está ofreciendo opciones Lunes sin Carne! Los estudios han demostrado que aumentar la cantidad de proteínas base a vegetales en su dieta puede reducir el riesgo de condiciones crónicas prevenibles, como el cáncer, las enfermedades cardiovasculares y la obesidad.



Todas las comidas del desayuno ofrecido con Fat Freeo leche al 1%
Otras ofertas: Cereal con azúcar reducido WG y Yogur Bagel de grano entero y Queso crema

Virtula Learning.
Ver menú para llevar a casa



* Consumo de carne, pollo, pescado, mariscos o huevos crudo o mal cocida puede aumentar su riesgo de enfermedades transmitidas por alimentos, especialmente si usted tiene ciertas condiciones médicas. Menú está sujeto a cambios, aviso publicado si está disponible. Esta institución es un proveedor de igualdad de oportunidades, empleador y prestamista.

Almuerzo gratis

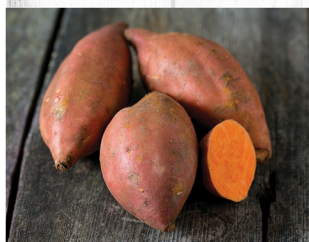
Lunes

Martes

Miércoles

Jueves

Viernes

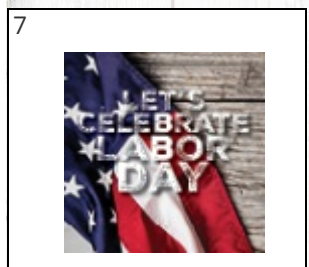


1
SCHOOL
CLOSED
TODAY

2
SCHOOL
CLOSED
TODAY

3
SCHOOL
CLOSED
TODAY

4
SCHOOL
CLOSED
TODAY



7
Solo Personal

9
Aprendizaje virtual.

10

11

14

15

16
Ver menú de comida para
llevar a casa

17

18

21 Sándwich De Pavo Y Queso
Sándwich Americano
Ensalada Con Huevo y
Panecillo Integral
Perro Caliente de la
Carne en un Panecillo
Palitos de Zanahorias
Rebanadas de
Pimientos Verdes
Manzana Fresca

22 Sándwich De Pavo Y Queso
Sándwich de Jamón y Queso
Ensalada Con Huevo y
Panecillo Integral
Pan Tostado con Queso
Palitos de Apio
Frijoles
Jugo de 100% Fruta

23 Sándwich De Pavo Y Queso
Paquete de energía de yogurt simplemente en caja
Tomates Cereza
Rodajas de Pepinos
Naranja Fresca
Jugo de Naranja

24 Sándwich De Pavo Y Queso
Sándwich Americano
Ensalada Con Huevo y
Panecillo Integral
Perro Caliente de la
Carne en un Panecillo
Palitos de Zanahorias
Rebanadas de
Pimientos Verdes
Manzana Fresca

25 Sándwich De Pavo Y Queso
Sándwich Americano
Ensalada Con Huevo y
Panecillo Integral
Pan Tostado con Queso
Palitos de Apio
Frijoles
Jugo de 100% Fruta
Banana Fresca

28
SCHOOL
CLOSED
TODAY

29 Sándwich De Pavo Y Queso
Ensalada Con Huevo y
Panecillo Integral
Palitos de Queso
Mozzarella
Palitos de Zanahorias
Brócoli
Naranja Fresca
Jugo de 100% Fruta

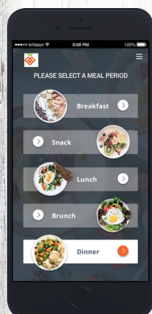
30 Sándwich Americano
Ensalada Del Chef
Tomates Cereza
Garbanzos
Jugo de Manzana
Banana Fresca

HARVEST of the MONTH

Whitsons se enorgullece de apoyar la agricultura limpia y sostenible. También nos enfocamos en el uso de ingredientes que son de origen local, totalmente naturales, orgánicos y no transgénicos, siempre que sea posible.

PRECIO DEL ALMUERZO

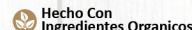
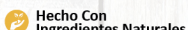
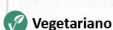
Almuerzo gratis para estudiantes



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Todas las comidas del almuerzo ofrecido con: Leche sin grasa o al 1% Selección de fresco ahuecado o envuelto verduras y frutas disponible diariamente



Bienvenido a Nuestro Desayuno

Ossining High School Desayuno Gratis A Diario

Setiembre

2020

Lunes

Martes

Miércoles

Jueves

Viernes

1

**SCHOOL
CLOSED
TODAY**

2

**SCHOOL
CLOSED
TODAY**

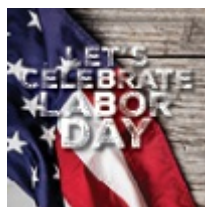
3

**SCHOOL
CLOSED
TODAY**

4

**SCHOOL
CLOSED
TODAY**

7



8

Sólo Personal

9

Virtula Learning.

10

11

14

15

16

Ver menú para llevar a casa

18

21 Sándwich De Huevo Y Queso
Tocino de Pavo
Manzana Fresca
Jugo de 100% Fruta

22 Sándwich De Huevo Y Queso
Salchicha de Pavo
Banana Fresca
Jugo de Manzana

23 Mollete De Manzana Y Canela
Manzana Fresca
Jugo de 100% Fruta

24 Sándwich De Huevo Y Queso
Salchicha de Pavo
Jugo de Naranja
Manzana Fresca

25 Sándwich De Huevo Y Queso
Tocino de Pavo
Naranja Fresca
Jugo de 100% Fruta

28

**SCHOOL
CLOSED
TODAY**

29 Sándwich De Huevo Y Queso
Naranja Fresca
Jugo de Manzana

30 Mini Blueberry Bash
Waffles
Banana Fresca
Jugo de Manzana

**ENERGIA TU
DIA. COMIENDO
UN DESAYUNO
SALUDABLE!**



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If If you have any questions or would like additional information regarding this menu please contact your food service director Ina van der Sande 914 762 5760x2380Desayuno se sirve en el cafeteria de 7:30am hasta 9:30amGIMNASION

BOLSAS DE DESAYUNO GRAB & GO Yogur y galletas WG / Bagel, cereales con azúcar reducido WGMini Waffles / Panqueques YOGUR DE VAINILLA Y PARFAIT DE FRUTAS CON GRANOLA MAGDALENASWG BAGEL y queso crema Fruta Fresca y 100% Jugo servido con todas las comidas Todas las comidas servidas con Leche: Blanca 1%, Blanca Sin Grasa (libre de antibioticos y hormonas)

Vegetariano

Hecho con Ingredientes Naturales

Si tiene alguna pregunta o requiere informacion adicional sobre este menu, por favor contacte a su director de cafeteria Joe at 555-5760x2380

Cerdo

Elección Inteligente

Hecho con Ingredientes Organicos

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Ossining High School

Bienvenido a
Nuestro Almuerzo

9/21/2020 - 9/25/2020

MEATLESS MONDAY

Lunes

Martes

Miércoles

Jueves

Viernes



Sándwich De Combo Italiano
pan con jamón, salami, queso, lechugas frescas y tomate
Sándwich De Pavo Y Queso

Sándwich De Combo Italiano
pan con jamón, salami, queso, lechugas frescas y tomate
Sándwich De Pavo Y Queso

Sándwich De Combo Italiano
pan con jamón, salami, queso, lechugas frescas y tomate
Sándwich De Pavo Y Queso

Sándwich De Combo Italiano
pan con jamón, salami, queso, lechugas frescas y tomate
Sándwich De Pavo Y Queso

Sándwich De Combo Italiano
pan con jamón, salami, queso, lechugas frescas y tomate
Sándwich De Pavo Y Queso

Disponible Diariamente: Opcion de carne, option de queso, pan de trigo integral



Fruta fresca y verduras en taza disponibles todos los días



Pan Tostado con Queso
sánguche a la parrilla con queso
Rodajas de Papas Horneadas

Wrap de Pollo Oriental
pollo asado, zanahorias y lechuga en un wrap de tortilla con salsa de general tsos
Rodajas de Papas Horneadas

Quesadilla Santa Fe
pollo, queso cheddar, pimientos, y maíz en una tortilla con salsa.
cocinada a la plancha con salsa
Rodajas de Papas Horneadas

Sándwich De Crujiente Pollo Empanizado
crujiente pollo empanado en un bollo
Rodajas de Papas Horneadas

Hamburguesa de BLT
hamburguesa con lechuga, tomate, mayonesa y tocino en un pan de hamburguesa
Rodajas de Papas Horneadas

Disponible Diariamente: Hamburguesa, Hamburguesa con Queso, Hamburguesa de



Parfait de yogurt de Nueva York
yogurt de vainilla bajo en grasa, con arándanos y fresas topados con granola
Ensalada Del Chef Pan

Parfait de yogurt de Nueva York
yogurt de vainilla bajo en grasa, con arándanos y fresas topados con granola
Pan
Ensalada Del Chef Naranja Fresca

Parfait de yogurt de Nueva York
yogurt de vainilla bajo en grasa, con arándanos y fresas topados con granola
Pan
Ensalada Con Huevo y Panecillo Integral

Parfait de yogurt de Nueva York
yogurt de vainilla bajo en grasa, con arándanos y fresas topados con granola
Paquete de proteínas de carne y queso Pan

Parfait de yogurt de Nueva York
yogurt de vainilla bajo en grasa, con arándanos y fresas topados con granola
Ensalada Del Chef Pan

Disponible Diariamente: Ensalada De Jardin, Ensalada de Chef, Ensalada de Caesar. Incluye Rollo



Ensalada de Espinaca
Ensalada de Espinaca
Rodajas de Pepinos
Tomates Cereza
Rebanadas de Pimientos Verdes
Tiras De Pimiento Rojo
Palitos de Zanahoria
Crutones

Ensalada de Espinaca
Ensalada de Espinaca
Rodajas de Pepinos
Tomates Cereza
Rebanadas de Pimientos Verdes
Tiras De Pimiento Rojo
Palitos de Zanahoria
Crutones

Ensalada de Espinaca
Ensalada de Espinaca
Rodajas de Pepinos
Tomates Cereza
Rebanadas de Pimientos Verdes
Tiras De Pimiento Rojo
Palitos de Zanahoria
Crutones

Ensalada de Espinaca
Ensalada de Espinaca
Rodajas de Pepinos
Tomates Cereza
Rebanadas de Pimientos Verdes
Tiras De Pimiento Rojo
Palitos de Zanahoria
Crutones

Ensalada de Espinaca
Ensalada de Espinaca
Rodajas de Pepinos
Tomates Cereza
Rebanadas de Pimientos Verdes
Tiras De Pimiento Rojo
Palitos de Zanahoria
Crutones



Pizza De Pepperoni
Pizza de queso recién hecha cubierta con pepperoni

Pizza de Queso
masa de pizza crujiente con salsa de tomate y queso derretido

Pizza De Pepperoni
Pizza de queso recién hecha cubierta con pepperoni

Pizza de Queso
masa de pizza crujiente con salsa de tomate y queso derretido

Pizza de Pollo BBQ
pizza de masa con salsa bbq, queso mozzarella y cheddar, pollo, y cebollas rojas

Disponible Diariamente: Pizza de Queso, Pizza de Pepperoni y Pizza de Vegetales con pan de pizza de trigo integral



SIMPLY ROOTED
in food & family

Nuestros menús son saludables, nutritivos y sabrosos, elaborados con ingredientes saludables. En Whitsons, tenemos estándares muy altos de ingredientes y procedimientos estrictos para asegurarnos de ello. También ofrecemos alimentos sin gluten y sin alérgenos. Visite www.whitsons.com para ver todo lo que estamos haciendo en su escuela para mantener saludables a nuestros jóvenes clientes.

El precio de la comida incluye: elección de proteínas, elección vegetariana fresca, elección de fruta fresca y elección de pan. Por lo menos dos tipos de leche disponibles diariamente: 1% bajo en grasa sin sabor, sin grasa saborizada, sin grasa sin sabor. Disponible diariamente con almuerzo de ensalada: elección de proteínas, elemento de grano entero, selección de frutas y leche

*** El consumo de carne, aves, mariscos, crustáceos o huevos crudos o sin cocinar puede aumentar el riesgo de enfermedades transmitidas por alimentos, especialmente si tiene ciertas condiciones médicas. El menú está sujeto a cambios, aviso publicado cuando esté disponible. Si tiene alguna pregunta o desea más información sobre este menú, póngase en contacto con el director del servicio de comidas. Esta institución es un proveedor de igualdad de oportunidades, empleador y prestamista.



Ossining High School

Bienvenido a
Nuestro Almuerzo

9/28/2020 - 9/30/2020

MEATLESS
MONDAY

Lunes

Martes

Miércoles

Jueves

Viernes



Sándwich De Combo Italiano
pan con jamón, salami, queso, lechugas frescas y tomate
Sándwich De Pavo Y Queso

Sándwich De Combo Italiano
pan con jamón, salami, queso, lechugas frescas y tomate
Sándwich De Pavo Y Queso

Sándwich De Combo Italiano
pan con jamón, salami, queso, lechugas frescas y tomate
Sándwich De Pavo Y Queso

Disponible Diariamente: Opcion de carne, option de queso, pan de trigo integral



Fruta fresca y verduras en taza
disponibles todos los días



Tortilla Enrollada con Pollo al Búfalo
pechuga de pollo marinado en una salsa de buffalo con lechuga y tomate en un wrap
Rodajas de Papas Horneadas

Pollo al Horno
pollo
Arroz de verdura
Rodajas de Papas Horneadas
Piña
Rebanadas de Cebolla

Quesadilla Santa Fe
pollo, queso cheddar, pimientos, y maíz en una tortilla con salsa. cocinada a la plancha con salsa
Rodajas de Papas Horneadas

Disponible Diariamente: Hamburguesa, Hamburguesa con Queso, Hamburguesa de



Parfait de yogurt de Nueva York
yogurt de vainilla bajo en grasa, con arándanos y fresas topados con granola
Ensalada Del Chef
Batido de Fresas y Naranja

Parfait de yogurt de Nueva York
yogurt de vainilla bajo en grasa, con arándanos y fresas topados con granola
Ensalada Del Chef
Pan

Parfait de yogurt de Nueva York
yogurt de vainilla bajo en grasa, con arándanos y fresas topados con granola
Ensalada Con Huevo y Panecillo Integral
Pan

Disponible Diariamente: Ensalada De Jardin, Ensalada de Chef, Ensalada de Caesar. Incluye Rollo



Lechuga
Ensalada de Espinaca
Tomates Cereza
Palitos de Zanahoria
Aceitunas
Apio
Leche sin Lactosa
Leche 1%
Leche de Skim
Leche de Chocolate

Lechuga
Ensalada de Espinaca
Tomates Cereza
Palitos de Zanahoria
Aceitunas
Apio
Leche sin Lactosa
Leche 1%
Leche de Skim
Leche de Chocolate

Lechuga
Ensalada de Espinaca
Tomates Cereza
Palitos de Zanahoria
Aceitunas
Apio
Leche sin Lactosa
Leche 1%
Leche de Skim
Leche de Chocolate



Pizza de Queso
masa de pizza crujiente con salsa de tomate y queso derretido

Pizza De Pepperoni
Pizza de queso recién hecha cubierta con pepperoni

Pizza con Pimientos y Cebollas
pizza de masa, con pimientos y cebollas saltados, salsa marinara y queso mozzarella

Disponible Diariamente: Pizza de Queso, Pizza de Pepperoni y Pizza de Vegetales con pan de pizza de trigo integral



SIMPLY ROOTED
in food & family

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