



Scarsdale High School Cafeteria Menu

BREAKFAST

***Off the Grill:* Fresh Egg Sandwiches, French toast and Pancakes**

***On The Go:* Assorted Beverages, Muffins, Croissants, Oatmeal, Cereal, Breakfast Bars and Yogurt Parfaits**

Why is breakfast so Important?

A growing body of evidence indicates breakfast is good for your health. Studies show that adults, who eat breakfast, especially a healthy breakfast, are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol during the day
- Have more strength and endurance
- Have better concentration and are more productive throughout the morning
- Control their weight
- Have lower cholesterol, which reduces the risk of heart disease

Breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert and creative, and less likely to miss days of school.



LUNCH



Sandwiches and wraps featuring Boarshead deli meats, tuna salad, egg salad, cheese and vegetables on assorted breads.

**Stop By our Deli Shop and create your own specialty sandwich.
Shop Opens at 11:00am Daily.**



Homemade Pizza, Burgers, Chicken, French Fries, Panini's and Specialty Items



A cold fruit and vegetable bar is available daily which features assorted chilled and fresh fruits in season, dark leafy greens, legumes, and assorted colorful vegetables including red/orange, dark green, and other varieties.



Pasta, Hot Vegetable and Homemade Soup Available Daily

A full student lunch includes the daily Chef's Special or pasta, vegetable, fruit and choice of milk for \$3.75 See Menu Board for that day's selection.



Sushi offered on Wednesday's & Friday's

Wednesday Earth Day Menu



Meals that feature fresh, plant based ingredients.

April 1st – Penne Pasta with Beans & Roasted Vegetable Sauce, served with a Garlic Twist Breadstick and Roasted Italian Vegetables

April 15th – Vegetable and Cheese Tostados served with Cool Marinated Cucumbers.

April 22nd – Asian Vegetable Salad with Tofu & Crunchy Asian Topping served with Crackers

April 29th – Bean & Cheese Quesadilla with Homemade Sweet & Spicy Pineapple Dipping Sauce, served with a side of Cilantro Lime Brown Rice & Cinnamon Roasted Pineapple.

Earth Month – Nutrition

- **What is plant protein? Think nuts, seeds, and legumes such as lentils, beans, sunflower seeds, almonds, peanuts, and soy products. Most whole grains, like quinoa and oats, are also great sources of protein.**
- **Think you need to consume animal foods to get your daily dose of protein? A varied diet of beans, lentils, grains, and vegetables contains all of the essential amino acids, the building blocks of protein, needed for growth.**
- **Soy cool! One to two servings of traditional soy based foods per week, such as tofu, soy milk, and edamame, may reduce the risk of developing certain cancers. Try a “soy swithcheroo” with cubed tofu and edamame in your next stir-fry dish!**

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our guidelines:

- **Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans**
- **Provide more whole grain foods, such as brown rice and whole wheat**
- **Encourage lean proteins including vegetarian and plant based**
- **Reduce unhealthy fats, sodium, and sugar**
- **Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce**

Take Care of all your children's lunch account needs at www.myschoolbucks.com

***Questions or comments?** Please call Lisa Randolph School Lunch Director 914-721-2585*

If you have a food allergy, please speak to the chef, server or manager

To learn more about Chartwells go to www.EatLearnLive.com

"This institution is an equal opportunity provider."

