



4

Homestyle Baked Macaroni & Cheese w/ Fish Filet
WG Breadstick
Roasted Zucchini

5

Loaded Tater Tots
White Meat Chicken
Tenders, Bacon,
scallions &
Cheese sauce
Garlic Breadstick

6

Cheesy Ravioli
Jumbo Cheese Ravioli
Marinara
WG breadstick &
Fresh Cucumber slices

7

Quesadilla's
Chicken & Cheese
Vegetable & Cheese
Salsa
Spicy Pinto Beans

8

Crispy Buffalo Ranch Wrap
Lettuce & Tomato
Soft Tortilla
Brown Rice
Carrots & Celery Sticks

11

Columbus Day



12

Walking Nachos
Seasoned Chicken
Lettuce, Tomato Salsa
Brown Rice
Sweet Corn

13

Pasta & Meatballs
Beef meatballs
marinara sauce
WG Breadstick
Fresh Grape Tomatoes

14

Chipotle Fish Taco's
Tortilla
Cheddar cheese
Vegetable Chipotle
Coleslaw

15

Chicken Tender Plate
Sweet Potatoes
Warm Biscuit
Coleslaw

18

Italian Meatball Sub
Marina sauce
WG Roll
Sweet Potato Fries
Celery Sticks

19

Vegetarian Chili
Elbow Macaroni
Warm Corn Bread
Butternut *Squash*

20

Southern Chicken & Homemade Waffles
Warm biscuits & Gravy
Crispy Fries
Grape Tomatoes

21

Alfredo Pasta
Grilled *Chicken* Filet
Garlic Breadstick Mixed
Vegetables

22

Soup & Grilled Cheese
w/ or without
Ham (p)
Tomato Rice Soup
Spicy Parmesan Fries
Caesar Salad

25

Philly Cheese Steak
Shaved Beef with
peppers, onions &
cheese WG roll
Roasted Cauliflower

26

Oriental Chicken & Broccoli Stir Fry
White Meat Chicken
Pepper, Onions
Fried Brown Rice
Breadstick & Broccoli

27

Italian Baked Ziti
Cheesy baked pasta
marinara, mozzarella,
Garden Salad
Garlic Breadstick

28

Soft Chicken Taco's
Chicken meat
Lettuce & tomato Soft
tortilla
Sweet Corn

29

Balsamic Glazed Chicken Nuggets
WWM Seasoned
Chicken
Creamy Italian Rice
WG Breadstick
Carrots

1

Seasoned Chicken
Whipped Potatoes
Warm Cornbread
Roasted Broccoli

2

Superintendent Conference Day

3

Breaded All-Natural white meat Chicken Parmesan Hero
Marinara, mozzarella
Tomato & Cucumber
Salad

4

Disco Fries
Ground Beef, Gravy,
Oven Fries, cheese
sauce celery sticks

5

Chicken Fajitas
White meat chicken
Roasted red peppers
Sauteed onions, Tortilla,
Brown Rice
Sweet Corn

More info...Offered daily

Pizza Station, Premade sandwiches & Salads.
Local NY Grown Fruits & Vegetables.
Any Food Allergies or concerns please contact the Food Service Manager Eric Lazo at 914-295-5557

More info...Lunch FREE TO ALL STUDENTS Adult \$4.00

Lunch Include choice of Fresh Fruit, 100% Juice, Milk: Skim 1% Low-Fat Chocolate. Leafy Green Salad Offered Daily.