



OCTOBER 2021

ARDSLEY MIDDLE SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... More Info... Lunch Student FREE TO ALL Adult \$4.00 Lunch Include choice of Fresh Fruit, 100% Juice, Milk: Skim 1% Low-Fat Chocolate Alternatives daily: Pre-made Sandwiches & Salads Fresh Baked Cheese or Pepperoni Pizza Plain Burger or cheeseburger <small>Menus are subject to change without notice.</small>
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 Oriental Chicken Stir Fry White Meat Chicken Pepper, Onions Fried Brown Rice Broccoli	20 Southern Chicken & Homemade Waffles Warm biscuits & Gravy Crispy Fries Grape Tomatoes	21 Alfredo Pasta Grilled <i>Chicken</i> Filet Garlic Breadstick Mixed Vegetables	22 Soup & Grilled Cheese w/ or without Ham (p) Tomato Rice Soup Spicy Fries	
25 Philly Cheese Steak Shaved Beef with peppers, onions & cheese WG roll Roasted Cauliflower	26 Corn Dog Chicken corn dog Vegetarian Baked Beans	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 WMM Chicken Bites Bowl with Gravy Whipped Potatoes Warm Breadstick Steamed 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 Sautéed onions, Tortilla, Brown Rice Sweet Corn	

Any Food Allergies or concerns please contact the Food Service Manager Eric Lazo 914-295-5557

Special News...
(P) Denotes item might contain **Pork**: **WMM**=Whole Muscle Meat
Local Grown Fruits & Vegetables

