



February

2018

Katonah Lewisboro High & Middle School Lunch Menu

Student lunch \$3.00 Adult lunch \$4.00 plus tax



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1 Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn & Carrots Black Bean Salad Cantaloupe	2 BBQ Chicken Cole Slaw Oven Brown Potatoes Mix Vegetables Watermelon	<p>All Lunches Include Choice of: Fruit or 100% Fruit Juice and/or Vegetable, Skim Milk, or 1% Low-Fat Milk, *Hormone & Antibiotic Free* No High Fructose Corn Syrup</p> <p>Daily Menu Offerings: Hamburgers, Pizza Seasonal Vegetables, Chicken Parm Wrap, Grilled Cheese, Soup of Day Salad Offered Daily as a side Vegetable</p> <p>Daily Specials</p> <p>Premium Meal \$4.00 Deli Bar featuring "Boar's Head" Panini Grill Salad Bar</p> <p>Grab & Go Sandwiches Salads Yogurt Parfait Fresh Fruit Smoothies, Healthy Snacks</p> <p>Questions? Please contact: Andy Waiild, FSD 914 763-7308</p>
5 Macaroni & Cheese Steamed Peas Garlic Bread Fresh Orange Slices	6 Meatloaf & Gravy Mashed Potatoes Green Beans & Carrots, Tossed Salad Berries	7 Whole Grain Spaghetti Marinara Sauce or Meat Sauce Braised Greens Fruit du Jour	8 Whole Grain Soft Shell Chicken Taco Cheese & Lettuce <i>Corn</i> Black Bean Salad Fresh Orange Slices	9 Sloppy Joe (beef) Whole Grain Bun Cauliflower Grape	
12 Chicken Fajitas Whole Wheat Flour Tortilla Broccoli & Red Pepper Cantaloupe	13 Cheese Burger Whole Grain Mac-n-Cheese Peas & Carrots Grape	14 Turkey Chili Cheddar Cheese Garlic Bread Tossed Salad Fruit du Jour	15 Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa <i>Corn w/ Red Pepper</i> Black Bean Salad Fresh Orange Slices	16 BBQ Chicken w/ Cheddar Whole Grain Bun Sweet Potatoes Zucchini Apple Sauce	
19 Closed Presidents Day	20 Closed Superintendents Conference Day	21 Meatball Hero Whole Wheat Hoagie Roll, Marinara Sauce Mozzarella Cheese Steamed Green Beans Mixed Berries	22 Whole Grain Hard Shell Chicken Taco Cheese & Lettuce Corn Black Bean Salad Mixed Fresh Fruit	23 Grilled Cheese On Whole Grain Bread Tomato Soup Mixed Vegetables Strawberries	
26 Chicken Solvaki Tzatziki Sauce, Lettuce, Tomato & Whole Grain Pita Apple Sauce	27 Brunch for Lunch Whole Wheat French Toast with Turkey Sausage Sweet Potato Fries Strawberries	28 Baked Whole Grain Penne Pasta Marinara Sauce & Mozzarella Broccoli Peaches	All menu items are prepared fresh daily and cooked to order as required by serve demands.		
				Food Allergies If you have a food allergy, please speak to the manager, chef, or your server.	

Menus are subject to change without notice.

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.

"This institution is an equal opportunity employer and provider."

