



April

2018

Katonah Lewisboro High & Middle School Lunch Menu

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



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
2		3	Spring Recess... Enjoy!!						6	<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 Waild, FSD 914 763-7308</p>
9	Macaroni & Cheese Steamed Peas Garlic Bread Fresh Orange Slices	10	Meatloaf & Gravy Mashed Potatoes Gr. Beans & Carrots, Tossed Salad Strawberries	11	Whole Grain Spaghetti Marinara Sauce or Meat Sauce Zucchini Apple Sauce	12	Nachos & Turkey Taco Meat Cheese & Lettuce, Corn Black Bean Salad Fresh Orange Slices	13	Grilled Chicken Breast Navy Beans in Tomato Sauce Whole Grain Dinner Roll Cauliflower Grapes	
16	Chicken Fajitas Whole Wheat Flour Tortilla Broccoli & Red Pepper Cantaloupe	17	Cheese Burger Whole Grain Mac-n-Cheese Green Beans & Carrots Strawberries	18	Turkey Quesadilla Whole Grain Tortilla Carrots Tossed Salad Fruit Salad	19	Nachos & Turkey Taco Meat Cheese, Lettuce, Salsa Corn w/ Red Pepper Black Bean Salad Fresh Orange Slices	20	BBQ Chicken w/ Cheddar Whole Grain Bun Sweet Potatoes Zucchini Apple Sauce	
23	Chicken Stir Fry Brown Rice Broccoli Sweet Grapes	24	Baked Montreal Chicken Dirty Mashed Potatoes Cauliflower Raisins	25	Meatball Hero Whole Wheat Hoagie Roll, Marinara Sauce Mozzarella Cheese Steamed Green Beans Mixed Berries	26	WG Hard Shell Chicken Taco Cheese & Lettuce Corn Black Bean Salad Mixed Fresh Fruit	27	Grilled Chicken Santa Fe Brown Rice Mixed Vegetables Strawberries	
30	Chicken Solvaki Tzatziki Sauce, Lettuce, Tomato & Whole Grain Pita Cauliflower & Carrots Apple Sauce	<p>For Summer Meal Information call National Hunger Hotline at 1-866-3-HUNGRY or 1-877-8-HAMBRE</p>				<p>Food Allergies If you have a food allergy, please speak to the manager, chef, or your server.</p>		<p>All menu items are prepared fresh daily and cooked to order as required by serve demands.</p>		

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."

