



January

2019

Katonah Lewisboro High & Middle School Lunch Menu

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

In the event of a 3-hour delayed opening, the meal will be hamburger and the sides dishes will remain as listed on this menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>All menu items are prepared fresh daily and cooked to order as required by serve demands.</p>	<p>1</p> <p>New Year's Day</p> <p>School Closed</p> 	<p>2</p> <p>Beef Chili Cheddar Cheese Garlic Bread Mozzarella Green Beans or grape Tomatoes Mix Berries</p>	<p>3</p> <p>Nachos & Chicken Taco Meat Black Bean Salad Cheese, Lettuce, Salsa Corn & Carrots Cantaloupe</p>	<p>4</p> <p>Chicken Fajita Whole Grain Flour Tortilla Mix Vegetables or Cucumber Slices Apple Slice</p>	<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>				
	<p>7</p> <p>Macaroni & Cheese Broccoli Garlic Bread Grapes</p>	<p>8</p> <p>Meatloaf & Gravy Mashed Potatoes Gr. Beans & Carrots, Tossed Salad Berries</p>	<p>9</p> <p>Whole Grain Spaghetti Marinara Sauce or Meat Sauce Cauliflower & Carrots Pineapple Chunks</p>	<p>10</p> <p>Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa <i>Corn</i> Pinto Bean Salad Fresh Orange Slices</p>		<p>11</p> <p>BBQ Chicken WG Kaiser Roll Sweet Potatoes Broccoli Raisins</p>			
	<p>14</p> <p>Chicken Stir Fry Brown Rice Broccoli & Red Pepper Fresh Melon Chunks</p>	<p>15</p> <p>Chicken Pesto Whole Grain Penne Pasta Green Beans Grape</p>	<p>16</p> <p>Buffalo Mac-n-Cheese w/ Grilled Chicken Red & Green Pepper Strips Diced Peaches</p>	<p>17</p> <p>Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa <i>Corn w/ Red Pepper</i> Black Bean Salad Fresh Orange Slices</p>		<p>18</p> <p>Grilled Chicken Quesadilla Whole Grain Flour Tortilla Salsa Roasted Broccoli Apple Sauce</p>			
	<p>21</p> <p>No School</p> <p>Martin Luther King Day</p>	<p>22</p> <p>Baked Montreal Chicken Strips Dirty Mashed Potatoes Broccoli or Grape Tomatoes Apple Slices</p>	<p>23</p> <p>Meatball Hero Whole Wheat Hoagie Roll, Marinara Sauce Mozzarella Cheese Steamed Green Beans Mixed Berries</p>	<p>24</p> <p>Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn Pinto Bean Salad Mixed Fresh Fruit</p>		<p>25</p> <p>Grilled Cheese On WG Bread Tomato Soup Mixed Vegetables or red & Green Pepper Strips Strawberries</p>			
	<p>28</p> <p>Chicken Solvaki Tzatziki Sauce, Lettuce, Tomato & WG Pita Grape Tomatoes Apple Sauce</p>	<p>29</p> <p>Brunch for Lunch Whole Wheat French Toast with Turkey Sausage Sweet Potato Fries Strawberries</p>	<p>30</p> <p>Baked Whole Grain Penne Pasta Marinara Sauce & Mozzarella Broccoli Berries</p>	<p>31</p> <p>Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn Black Bean Salad Mixed Fresh Fruit</p>		<p>Food Allergies If you have a food allergy, please speak to the manager, chef, or your server.</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."

