




March

2019

Katonah Lewisboro High & Middle School Lunch Menu

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



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		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.				1 Chicken Fajita or Quesadilla Mix Vegetables or Cucumber Slices Apple Slices	
4 Chicken Stir Fry Brown Rice Broccoli Grapes		5 Meatloaf & Gravy Mashed Potatoes Gr. Beans & Carrots, Tossed Salad Berries		6 Whole Grain Spaghetti Marinara Sauce or Meat Sauce Vegetable Medley Pineapple Chunks		7 Nachos & Chicken Taco or Re-Fried Beans Cheese & Salsa, Corn Black Bean Salad Fresh Orange Slices		8 BBQ Beef Burger w/ Caramelized Onions Whole Grain Bun Roast Mix Vegetables Raisins	
11 Macaroni & Cheese Broccoli & Red Pepper Fresh Melon Cubes		12 Chicken Pesto Whole Grain Penne Green Beans & Carrots Grapes		13 Open Faced Roasted Turkey on Whole Wheat Bread w/ Gravy Tossed Salad Diced Peaches		14 Nachos & Chicken Taco Meat Cheese, Salsa Corn w/ Red Pepper Black Bean Salad Fresh Orange Slices		15 BBQ Chicken w/ Cheddar Whole Grain Bun Sweet Potatoes Tots Zucchini Apple Sauce	
18 Orange Teriyaki Chicken Stir Fry Brown Rice Broccoli Grapes		19 Grilled Montreal Chicken Dirty Mashed Potatoes Cauliflower or Grape Tomatoes Raisins		20 Meatball Hero Whole Wheat Hoagie Roll, Marinara Sauce Mozzarella Cheese Steamed Green Beans Mixed Berries		21 Nachos & Chicken Taco or Re-Fried Beans Cheese & salsa Corn Black Bean Salad Mixed Fresh Fruit		22 Grilled Cheese or Patty Melt On Whole Grain Bread Tomato Soup Mixed Vegetables or Fresh Pepper Strips Strawberries	
25 Turkey ala King Whole Grain Biscuit Cauliflower & Caramelized Red Onion or Grape Tomatoes Apple Sauce		26 Brunch for Lunch Whole Wheat French Toast with Turkey Sausage Sweet Potato Fries Strawberries		27 Grilled Chicken Penne Alfredo Green Peas Mixed Berries		28 Nachos & Chicken Taco Meat Cheese, Salsa Corn & Carrots Black Bean Salad Cantaloupe		29 Chicken Fajita or Quesadilla Mix Vegetables or Cucumber Slices Apple Slices	

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

Daily Menu Offerings:
Hamburgers, Pizza
Seasonal Vegetables, Chicken Parm Wrap, Grilled Cheese, Soup of Day
Salad Offered Daily as a side Vegetable
Daily Specials

Premium Meal \$4.00
Deli Bar featuring **"Boar's Head"**
Panini Grill
Salad Bar

Grab & Go
Sandwiches
Salads
Yogurt Parfait
Fresh Fruit Smoothies,
Healthy Snacks

Questions? Please contact:
Andy Waild, FSD
914 763-7308

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."

