



# April

2019

## Katonah Lewisboro High & Middle School Lunch Menu



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<b>1</b>	Chicken Solvaki Tzatziki Sauce, Lettuce, Tomato & WW Pita Diced Peaches	<b>2</b>	Brunch for Lunch Whole Wheat French Toast with Turkey Sausage Sweet Potato Tots Applesauce	<b>3</b>	Baked Whole Grain Penne Pasta Marinara Sauce & Mozzarella Broccoli Watermelon	<b>4</b>	Nachos & Turkey Taco Meat Cheese, Lettuce, Salsa Corn w/ Red Pepper Black Bean Salad Fresh Orange Slices	<b>5</b>	Chicken Fajita or Quesadilla Mix Vegetables Cucumber Slices Grapes	<p><b>All Lunches Include Choice of:</b> Fruit or 100% Fruit Juice and/or Vegetable, Skim Milk, or 1% Low-Fat Milk, *Hormone &amp; Antibiotic Free* No High Fructose Corn Syrup</p> <p><b>Daily Menu Offerings:</b> Hamburgers, Pizza Seasonal Vegetables, Chicken Parm Wrap, Grilled Cheese, Soup of Day Salad Offered Daily as a side Vegetable <b>Daily Specials</b></p> <p><b>Premium Meal \$4.00</b> Deli Bar featuring <b>"Boar's Head"</b> Panini Grill Salad Bar</p> <p><b>Grab &amp; Go</b> Sandwiches Salads Yogurt Parfait Fresh Fruit Smoothies, <b>Healthy Snacks</b></p> <p><b>Questions? Please contact:</b> <b>Andy Waild, FSD</b> <b>914 763-7308</b></p> <p>Menus are subject to change without notice.</p>	
<b>8</b>	Macaroni & Cheese Steamed Peas Garlic Bread Fresh Orange Slices	<b>9</b>	Meatloaf & Gravy Mashed Potatoes Green Beans & Carrots, Tossed Salad	<b>10</b>	Open Faced Roast Turkey Sandwich Broccoli or Tossed Salad Diced Peaches	<b>11</b>	Nachos & Turkey Taco Meat Cheese & Lettuce, Corn Pinto Bean Salad Apple Slices	<b>12</b>	BBQ Beef Burger or Chicken on a Whole Grain Bun Cauliflower Grapes		
<b>15</b>		<b>16</b>	<b>Spring Recess... Enjoy!!</b>				<b>18</b>		<b>19</b>		
<b>22</b>	Chicken Stir Fry Brown Rice Broccoli Grapes	<b>23</b>	Baked Montreal Chicken Dirty Mashed Potatoes Cauliflower Raisins	<b>24</b>	Meatball Hero Whole Wheat Hoagie Roll, Marinara Sauce Mozzarella Cheese Steamed Green Beans Mixed Berries	<b>25</b>	Nachos & Turkey Taco Meat Cheese & Lettuce Corn Black Bean Salad Mixed Fresh Fruit	<b>26</b>	Grilled Chicken Alfredo Whole Grain Penne Peas or Fresh Pepper Strips Strawberries		
<b>29</b>	Chicken Solvaki Tzatziki Sauce, Lettuce, Tomato & Whole Grain Pita Cauliflower & Carrots Diced Peaches	<b>30</b>	Brunch for Lunch Whole Wheat French Toast with Turkey Sausage Home Fried Potatoes Applesauce	 <b>For Summer Meal Information call National Hunger Hotline at 1-866-3-HUNGRY or 1-877-8-HAMBRE</b>		<b>Food Allergies</b> <b>If you have a food allergy, please speak to the manager, chef, or your server.</b>		<b>All menu items are prepared fresh daily and cooked to order as required by serve demands.</b>			

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."

