



March

2018

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 Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn & Carrots Black Bean Salad Cantaloupe	2 BBQ Chicken Cole Slaw Oven Brown Potatoes Mix Vegetables Watermelon
5 Macaroni & Cheese Steamed Peas Garlic Bread Fresh Orange Slices	6 Meatloaf & Gravy Mashed Potatoes Gr. Beans & Carrots, Tossed Salad Berries	7 Whole Grain Spaghetti Marinara Sauce or Meat Sauce Braised Greens Fruit du Jour	8 WG Soft Shell Chicken Taco Open Face Cheese & Lettuce, <i>Corn</i> Black Bean Salad Fresh Orange Slices	9 Sloppy Joe (beef) WG Bun Cauliflower Grape
12 Chicken Fajitas Whole Wheat Flour Tortilla Broccoli & Red Pepper Cantaloupe	13 Cheese Burger WG Mac-n-Cheese Peas & Carrots Grape	14 Turkey Chili Cheddar Cheese Garlic Bread Carrots 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 WG Bun Sweet Potatoes Zucchini Apple Sauce
19 Chicken Stir Fry Brown Rice Broccoli Sweet Grapes	20 Baked Montreal Chicken Dirty Mashed Potatoes Cauliflower Raisins	21 Meatball Hero Whole Wheat Hoagie Roll, Marinara Sauce Mozzarella Cheese Steamed Green Beans Mixed Berries	22 WG Hard Shell Chicken Taco Cheese & Lettuce Corn Black Bean Salad Mixed Fresh Fruit	23 Grilled Cheese On WG Bread Tomato Soup Mixed Vegetables Strawberries
26 Chicken Solvaki Tzatziki Sauce, Lettuce, Tomato & WG Pita Cauliflower & Carrots 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	29 Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn & Carrots Black Bean Salad Cantaloupe	30 School Closed Good Friday

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."

