



December 2018

Katonah Lewisboro High & Middle School

Lunch Menu

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



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
3	Macaroni & Cheese Whole Grain Garlic Bread Steamed Peas Fresh Orange Slices	4	Meatloaf & Gravy Mashed Potatoes Green Beans & Carrots, Tossed Salad Berries	5	Whole Grain Spaghetti Marinara Sauce or Meat Sauce Braised Greens Fruit du Jour	6	Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn Black Bean Salad Fresh Orange Slices	7	BBQ Chicken on Whole Grain Bun Sweet Potato Tots Mix Vegetables Raisins	<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>Menus are subject to change without notice.</p>
10	Sloppy Joe Whole Grain Bun Broccoli & Red Pepper Cantaloupe	11	Chicken Pesto Whole Grain Bowtie Pasta Green Beans Grape	12	Roast Turkey Mashed Potatoes w/ Gravy Peas Stuffing Orange Wedge	13	Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn Black Bean Salad Fresh Orange Slices	14	Cheese Burger Macaroni Zucchini Apple Sauce	
17	Chicken Stir Fry Brown Rice Broccoli Sweet Grapes	18	Baked Montreal Chicken Dirty Mashed Potatoes Green Beans Raisins	19	Meatball Hero Whole Wheat Hoagie Roll, Marinara Sauce Mozzarella Cheese Steamed Green Beans Fruit du Jour	20	Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn Black Bean Salad Fresh Orange Slices	21	Whole Grain Penne Primavera w/ Grilled Chicken Mixed Vegetables Honeydew	
24		25		26		27		28		
<i>Winter Break... Enjoy!!</i>										
31						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.		

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.

