



# May 2018

## Katonah Lewisboro High & Middle School Lunch Menu

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



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>For Summer Meal Information call National Hunger Hotline at 1-866-3-HUNGRY or 1-877-8-HAMBRE</b>		<b>1</b> Brunch for Lunch Whole Wheat French Toast with Turkey Sausage Sweet Potato Fries Strawberries	<b>2</b> Baked Whole Grain Penne Pasta Marinara Sauce & Mozzarella Broccoli Peaches	<b>3</b> Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn & Carrots Black Bean Salad Cantaloupe	<b>4</b> BBQ Chicken Cole Slaw Oven Brown Potatoes Mix Vegetables Watermelon	<b>All Lunches Include Choice of:</b> Fruit or 100% Fruit Juice and/or Vegetable, Skim Milk, or 1% Low-Fat Milk, *Hormone & Antibiotic Free* No High Fructose Corn Syrup  <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>  <b>Premium Meal \$4.00</b> Deli Bar featuring "Boar's Head" Panini Grill Salad Bar  <b>Grab &amp; Go</b> Sandwiches Salads Yogurt Parfait Fresh Fruit Smoothies, <b>Healthy Snacks</b>  <b>Questions? Please contact:</b> Andy Waild, FSD 914 763-7308  Menus are subject to change without notice.			
<b>7</b> Macaroni & Cheese Steamed Peas Garlic Bread Fresh Orange Slices	<b>8</b> Meatloaf & Gravy Mashed Potatoes Gr. Beans & Carrots, Tossed Salad Berries	<b>9</b> Whole Grain Spaghetti Marinara Sauce or Meat Sauce Braised Greens Fruit du Jour	<b>10</b> WG Soft Shell Chicken Taco Open Face Cheese & Lettuce, Corn Black Bean Salad Fresh Orange Slices	<b>11</b> Grilled Chicken Breast Navy Beans in Tomato Sauce Whole Grain Dinner Roll Cauliflower Grapes					
<b>14</b> Chicken Fajitas Whole Wheat Flour Tortilla Broccoli & Red Pepper Cantaloupe	<b>15</b> Cheese Burger WG Mac-n-Cheese Peas & Carrots Grape	<b>16</b> Turkey Quesadilla Whole Grain Tortilla Carrots Tossed Salad Fruit Salad	<b>17</b> Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn w/ Red Pepper Black Bean Salad Fresh Orange Slices	<b>18</b> Open Face Turkey Sandwich on Whole Grain Bread Sweet Potatoes Zucchini Apple Sauce					
<b>21</b> Chicken Stir Fry Brown Rice Broccoli Sweet Grapes	<b>22</b> Baked Montreal Chicken Dirty Mashed Potatoes Cauliflower Raisins	<b>23</b> Meatball Hero Whole Wheat Hoagie Roll, Marinara Sauce Mozzarella Cheese Steamed Green Beans Mixed Berries	<b>24</b> WG Hard Shell Chicken Taco Cheese & Lettuce Corn Black Bean Salad Mixed Fresh Fruit	<b>25</b> Grilled Chicken Santa Fe Brown Rice Mixed Vegetables Strawberries					
<b>28</b> School Closed for Memorial Day 	<b>29</b> Ground Beef Mexican Lasagna Corn w/ Cilantro Berry Mix	<b>30</b> Baked Whole Grain Penne Pasta Marinara Sauce & Mozzarella Broccoli Peaches	<b>31</b> Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn w/ Red Pepper Black Bean Salad Fresh Orange Slices	<b>Food Allergies</b> 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."

