




# February

2019

## Katonah Lewisboro High & Middle School Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>All menu items are prepared fresh daily and cooked to order as required by serve demands.</b>			<b>1</b> Chicken Fajita or Quesadilla Whole Grain Flour Tortilla Mix Vegetables or Cucumber Slices Apple Slices
<b>4</b> Macaroni & Cheese Broccoli Garlic Bread Grapes	<b>5</b> Meatloaf & Gravy Mashed Potatoes Green Beans & Carrots Tossed Salad Berries	<b>6</b> Whole Grain Spaghetti Marinara Sauce or Meat Sauce Cauliflower & Carrots Pineapple Chunks	<b>7</b> Nachos & Turkey Taco Cheese Corn Pinto Bean Salad Fresh Orange Slices	<b>8</b> BBQ Chicken Whole Grain Bun Sweet Potato Tots Broccoli Raisin
<b>11</b> Chicken Stir Fry Brown Rice Broccoli & Red Pepper Fresh Melon Cubes	<b>12</b> Chicken Pesto Whole Grain Penne Green Beans Grape	<b>13</b> Open Face Roast Turkey On Whole Wheat Bread Gravy Tossed Salad Diced Peaches	<b>14</b> Nachos & Chicken Taco Meat Cheese, Salsa Corn w/ Red Pepper Black Bean Salad Fresh Orange Slices	<b>15</b> <b>School Closed</b>  <b>Superintendents Conference Day</b>
<b>18</b> <b>School Closed Presidents Day</b>	<b>19</b> <b>School Recess No Classes</b>	<b>20</b> Meatball Hero Whole Wheat Hoagie Roll, Marinara Sauce Mozzarella Cheese Steamed Green Beans Mixed Berries	<b>21</b> Nachos & Chicken Taco Meat Cheese & Salsa Corn Pinto Bean Salad Mixed Fresh Fruit	<b>22</b> Grilled Cheese On Whole Grain Bread Tomato Soup Mixed Vegetables or Red & Green Pepper Strips Strawberries
<b>25</b> Chicken Solvaki Tzatziki Sauce, Lettuce, Tomato & Whole Grain Pita Grape Tomatoes Apple Sauce	<b>26</b> <b>Brunch for Lunch</b> Whole Wheat French Toast with Turkey Sausage Sweet Potato Tots Strawberries	<b>27</b> Baked Whole Grain Penne Pasta Marinara Sauce & Mozzarella Broccoli Berries	<b>28</b> Nachos & Chicken Taco Meat Cheese, Salsa Corn & Carrots Black Bean Salad Mixed Fresh fruit	<b>Food Allergies</b> <b>If you have a food allergy, please speak to the manager, chef, or your server.</b>

**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 Waiild, 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."

