



May 2019

Katonah Lewisboro High & Middle School Lunch Menu

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



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
For Summer Meal Information call National Hunger Hotline at 1-866-3-HUNGRY or 1-877-8-HAMBRE		Food Allergies If you have a food allergy, please speak to the manager, chef, or your server.		1 Baked Cajun Chicken Roast Potatoes Whole Grain Dinner Roll Broccoli Mixed Berries		2 Nachos & Chicken Taco Meat Cheese Salsa Corn & Carrots Black Bean Salad Cantaloupe		3 Chicken Fajita or Quesadilla Mix Vegetables or Cucumber Slices Watermelon		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
6 Chicken Teriyaki Brown Rice Broccoli Grapes		7 Meatloaf & Gravy Mashed Potatoes Gr. Beans & Carrots, Tossed Salad Strawberries		8 Roast Turkey with Gravy Whole Grain Biscuit Broccoli Pineapple Chunks		9 Nachos & Chicken Taco Meat Cheese Salsa Corn Black Bean Salad Apple Slices		10 BBQ Chicken w/ Cheddar Whole Grain Bun Baked Beans Cauliflower Applesauce		
13 Meatless Entrée Macaroni & Cheese Steamed Peas Garlic Bread Fresh Orange Slices		14 Chicken Pesto Penne Broccoli Mixed Berries		15 Pasta with Meat Sauce Tossed Salad Fruit Salad		16 Nachos & Chicken Taco Meat Cheese, Salsa Corn w/ Red Pepper Black Bean Salad Grapes		17 Chicken & Refried Bean Burrito Whole Grain Tortilla Zucchini Apple Sauce		
20 Chicken Broccoli/Red Pepper Stir Fry Brown Rice Carrots Grapes		21 Baked Montreal Chicken Dirty Mashed Potatoes Cauliflower or Grape Tomatoes Raisins		22 Meatball Hero Whole Wheat Hoagie Roll, Marinara Sauce Mozzarella Cheese Steamed Green Beans Mixed Berries		23 Nachos & Chicken Taco Meat Cheese Corn Black Bean Salad Mixed Fresh Fruit		24 School Closed Weather Reserve Day		
27 School Closed for Memorial Day 		28 School Closed Weather Reserve Day		29 Baked Whole Grain Penne Pasta Marinara Sauce & Mozzarella Broccoli Peaches		30 Nachos & Chicken Taco Meat Cheese, Lettuce, Salsa Corn w/ Red Pepper Black Bean Salad		31 BBQ Chicken Cole Slaw Oven Brown Potatoes Mix Vegetables Watermelon		

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."

Menus are subject to change without notice.

