

High School January 2024

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<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	2 Chicken N Waffles Corn on the Cobb Seasoned Potato Wedges Fresh Apple Slices 100% Fruit Juice or Hormone Free Milk	3 Beef and Cheddar Burrito with Salsa Spanish Brown Rice Mexicali Corn Black Beans Fresh Watermelon 100% Fruit Juice or Hormone Free Milk	4 Sausage and Peppers On a Roll Sauté Breen Beans Fresh Fruit Cup 100% Fruit Juice Hormone Free Milk Tenders	5 Boneless Wings Waffle Fries Fresh Apple Slices 100% Fruit Juice or Hormone Free Milk
8 Chicken Tenders w/BBQ Or Honey Mustard Sauces Baked French Fries Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk	9 Nacho Chips with Seasoned Beef Shredded Cheese Warm Cheese Sauce Tomato Salsa Black Beans Fresh Fruit Cup 100% Fruit Juice Hormone Free Milk	9 Roasted Chicken Mash Potatoes California Blend Vegetables Sliced Oranges 100% Fruit Juice or Hormone Free Milk	10 Penne Pasta with Meat Sauce or Plain Pasta Garlic Breadstick Sautéed Green Beans Fresh Pears 100% Fruit Juice Hormone Free Milk	11 Cheese steak on a roll Peppers and Onions Waffle fries Apple Slices 100% Fruit Juice Hormone Free Milk
15 	16 Chicken Fajita Black bean and Corn Tomato Salsa Black Beans Fresh Fruit Cup 100% Fruit Juice Hormone Free Milk	17 General Tso Chicken Vegetable Fried Rice Broccoli Apple Slices 100% Fruit Juice Hormone Free Milk	18 Philly Cheese Bake French Fries Red Delicious Apples 100% Fruit Juice Hormone Free Milk	19 Beef Gyro on a Fluffy Pita Tzatziki Sauce Greek Salad Feta Cheese Spiral Fries Fresh Apple Slices 100% Fruit Juice or Hormone Free Milk
22 Chicken Tenders w/BBQ Or Honey Mustard Sauces Sweet Potato Fries Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk	23 Chicken or Beef Quesadilla Vegetable Salsa Pinto Beans Fresh Fruit Salad 100% Fruit Juice Hormone Free Milk	24 Creamy Macaroni and Cheese Broccoli Slice Oranges 100% Fruit Juice Hormone Free Milk	25 Orange Chicken ^ Jasmin Rice Steamed Broccoli Apples Slices 100% Fruit Juice Hormone Free Milk	26 BBQ Pulled Pork Sandwich Spiral Fries Fresh Fruit salad 100% Fruit Juice Hormone Free Milk
29 <u>Brunch For lunch</u> Fluffy Waffles Pork Sausage Links Tater Tots Fresh Fruit Salad 100% Fruit Juice Hormone Free Milk	30 Soft Shell Beef Tacos Ground Beef Vegetable Salsa Pinto Beans Shredded Cheddar Shredded Lettuce Fresh Fruit Salad 100% Fruit Juice Hormone Free Milk	31 Chicken Drumsticks Yellow rice Plantains Fresh Fruit Salad 100% Fruit Juice Hormone Free Milk		



Daily Lunch Offerings

Side Salad: Romaine Lettuce, Spinach, or Spring Mix and other Seasonal Vegetables as an Additional Daily Vegetable Offering

Grab N Go Sandwiches: Boar's Head (or equivalent) Oven Roasted Turkey; Ham*; with/without Cheese; Sunflower Seed Butter and Jelly; all on Bread or Rolls

Grab N Go Salads/Platters (all served with Whole Grain Rolls, Croutons or Pita): Chef or Chicken Caesar; Vegetable Platter with All-Natural Yogurt and/or Hummus.

Yogurt Parfait: All-Natural Yogurt with Fruit and Granola

Daily Fruit and Vegetable Offerings at Lunch: Apples, oranges, bananas plus at least 2 vegetables from the listing within Schedule B-1

Whole Grain breads offered daily.

(*) Denotes item may contain Pork.

(+) Denotes item may contain Eggs.

(^) Denotes item may contain Soy.

“WMM” Denotes Whole Muscle Meat

“PEANUT FREE” DISTRICT

Weekly Bar Station:

Weekly entrée bars are listed in the box to the side- Subject to change due to supply chain.

We try our best to serve our menus as posted; however, sometimes last-minute changes occur. **Gluten free rolls, cereal, pizza, and pasta are available upon request.** For questions regarding allergy concerns, nutritional content, or food related questions, please contact the Food Service Director, Melissa Pinckney at 914-793-6130 ext.4234 or email @ Pinckney-Melissa@aramark.com