

Middle School January 2024



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/ Deli Station:

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/Salad Bar (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

MEAL OF THE DAY INCLUDES:

Vegetable, Fresh Whole Fruit or 100% Fruit Juice, Hormone/Antibiotic Free Skim, Low Fat Choc and 1% Milk
Fresh Fruit Basket offered Daily.

Whole Grain breads offered daily.

(*) Denotes item may contain Pork.

(+) Denotes item may contain Eggs.


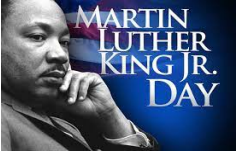
(^) Denotes item may contain Soy.

Weekly Second Entree:

Weekly entrées are listed in the box to the Bottom Subject to change due to supply chain.

"PEANUT FREE" DISTRICT

Fresh Fruit from Local Farms

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken and Waffles Corn on the Cobb Fresh Fruit Cup 100% Fruit Juice or Hormone Free Milk	3 Cheeseburger or Hamburger Oven Baked Fries Fresh Fruit Cup 100% Fruit Juice Hormone Free Milk Chicken Tenders	4 Sausage and Peppers On a Roll Sauté Breen Beans Fresh Fruit Cup 100% Fruit Juice Hormone Free Milk Bosco Sticks	5 Boneless Wings Waffle Fries Fresh Apple Slices 100% Fruit Juice or Hormone Free Milk Quesadilla
8 Cheeseburger or Hamburger Oven Baked Fries Fresh Fruit Cup 100% Fruit Juice Hormone Free Milk Burgers	9 Nacho Chips with Seasoned Beef Shredded Cheese Warm Cheese Sauce Tomato Salsa Black Beans Fresh Fruit Cup 100% Fruit Juice Hormone Free Milk	10 Roasted Chicken Mash Potatoes California Blend Vegetables Sliced Oranges 100% Fruit Juice or Hormone Free Milk Chicken Tenders	11 Pasta w/ Meat Sauce or Plain Meatballs Garlic Breadstick Sautéed Green Beans Fresh Pears 100% Fruit Juice Hormone Free Milk Bosco Sticks	12 Chicken Tenders w/BBQ Or Honey Mustard Sauces Baked French Fries Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk Quesadilla
15 	16 Chicken Fajitas Black Bean and Corn Salsa & Sour Cream Fresh Fruit Salad 100% Fruit Juice Hormone Free Milk	17 General Tso Chicken Vegetable Fried Rice Broccoli Apple Slices 100% Fruit Juice Hormone Free Milk Chicken Tenders	18 Chicken Tenders Sweet Potato Fries Whole Kernel Corn Fresh Orange 100% Fruit Juice Hormone Free Milk Bosco Sticks	19 BBQ Pulled Pork Sandwich Spiral Fries Fresh Apple Slices 100% Fruit Juice or Hormone Free Milk Quesadilla
22 Chicken Tenders w/BBQ Or Honey Mustard Sauces Baked French Fries Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk Burgers	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 Chicken Tenders	25 Orange Chicken ^ Jasmin Rice Steamed Broccoli Apples Slices 100% Fruit Juice Hormone Free Milk Bosco Sticks	26 Spicy Chicken Patty Oven Baked Fries Fresh Fruit Cup 100% Fruit Juice Hormone Free Milk Quesadilla
29 Brunch For lunch Fluffy Waffles Pork Sausage Links Tater Tots Fresh Fruit Salad 100% Fruit Juice Hormone Free Milk Burgers	30 Soft Shell Beef Tacos 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 Chicken Tenders		

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