

# LMK MIDDLE SCHOOL LUNCH MENU

## HARRISON

### CENTRAL SCHOOL DISTRICT

<p><b>1</b> General Tsos Chicken w Veg Fried Rice OR Grilled Cheese Romaine Salad Glazed Carrots Pineapple Chilled Pears</p>	<p><b>2</b> Superintendent's Conference Day No School</p>	<p><b>3</b> Belgian Waffles w Sausage OR Beef Burrito Sweet Potato Fries Sautéed Green Beans Peaches Watermelon</p>	<p><b>4</b> Beef Nachos OR OR Beef, Turkey or Vegetable Burger w Choice of Toppings Spinach Baked Fries Apple Slices Orange Wedges</p>	<p><b>5</b> Pasta w Meat Sauce OR Chicken Tenders W Dinner Roll Chickpea Salad Green Leaf Salad Mixed Fruit Banana</p>	
<p><b>8</b> Pizza Dunkers with Tomato Sauce Or Popcorn Chicken Dinner Roll Sweet Corn Roasted Broccoli Melon Cup Mixed Fruit</p>	<p><b>9</b> Mac and Cheese Garlic Bread OR Turkey Tacos Carrot Sticks Green Leaf Salad Banana Applesauce</p>	<p><b>10</b> French Toast Sticks Breakfast Sausage OR Triple Decker Grilled Cheese Red Pepper Strips Spinach Salad Watermelon Sliced Berry Cup</p>	<p><b>11</b>  <b>VETERANS DAY</b> HONORING ALL WHO SERVED</p>	<p><b>12</b> Hot Dog on a Bun OR Chicken or Cheese Quesadilla 3 Bean Salad Sautéed Red Peppers Broccoli Berry Cup</p>	
<p><b>15</b> Nachos w Seasoned Turkey OR Pasta w Marinara or Meat Sauce Sliced Italian Bread Black Bean Salad Spinach Melon Cup Peach Cup</p>	<p><b>16</b> Chicken Parmesan Hero OR Beef or Bean Burrito Steamed Spinach Carrot Sticks Banana Peaches</p>	<p><b>17</b> Belgian Waffles with Sausage OR Beef Tacos Lettuce and Tomatoes Black Beans Steamed Rice Sautéed Green Beans Peaches Watermelon</p>	<p><b>18</b> <u>Roast Turkey and Gravy Bread Stuffing</u> OR Beef, Turkey or Vegetable Burger w Choice of Toppings Broccoli Mashed Potatoes Apple Slices Grapes</p> 	<p><b>19</b> Sausage &amp; Pepper Hero OR Grilled Chicken With Pesto Pasta Zucchini Sautéed Red Peppers Apple Slices Orange Wedges</p>	
<p><b>22</b> Homemade Baked Ziti W Garlic Bread OR Nachos Grande w Rice Lettuce and Tomato Chickpea Salad Spinach Salad Melon Cup Mixed Fruit</p>	<p><b>23</b> Fluffy Pancakes Breakfast Sausage OR Triple Decker Grilled Cheese Red Peppers Broccoli Banana Sliced Berry Cup</p>	<p><b>24</b> Early Dismissal No Lunch</p>	<p><b>25</b>  <b>Thanksgiving Break</b></p>		
<p><b>29</b> Spaghetti with Tomato Sauce , Meatballs W Garlic Bread OR Beef or Chicken Burrito Three Bean Salad Roasted Broccoli Orange Wedges Crisp Apple</p>	<p><b>30</b> Bagel Pizza OR Stir Fry Chicken Oriental Rice Green Beans Steamed Carrots Melon Cup Peach Cup</p>	<p> Please note: School lunch is free for all students this year! (First Meal Only)</p>			<p><b>If you would like to work with kids, have fun and get paid, come join us!</b> <b>Call 914-630-3114 for more info!</b></p>

**First Meal Free!**  
**Student (Second) Lunch**  
Students \$2.50

**Adults \$4.78 + Tax**  
**Adults \$5.78+Tax –Deli Bar**  
*MTO Deli Bar Available Daily*  
**All Salads and Pasta served with Bread**

**All Lunches Include:**  
Entrée, Bread/Grain, Vegetable, Fruit/Juice (e.g. Fresh, Cup of Fruit or Juice) and Choice of 1% White or Fat-Free White or Chocolate Milk.

**The Daily Soup\*** - Freshly Prepared Soup of the Day Served in a Cup or Bowl with Whole Grain Bread.  
\* Available A-La-Carte

**Made to Order Deli Bar** - Premium Cold Cuts, Grilled Chicken, Chicken or Egg Salad, Assorted Cheeses and Veggies Served on Fresh Bread.

**Create Your Own Salad\*** - Choice of Greens with Assorted Meats, Cheeses and Fresh Vegetables to Create Your Own Masterpiece!  
\*Served with Bread/Grain.

**Pizza Bar** - Cheese, Pepperoni and Special Pie