



October 2024 Rye Neck Schools

The National School Lunch Program (NSLP) serves nearly 30 million children every school day. President John F. Kennedy created National School Lunch Week (NSLW) in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom.



Cold Lunch Alternates Choices

Week 10/1-10/4/ 28-11/2-: Bagel Meal (bagel, yogurt, string cheese) & Chicken Caesar Salad w Breadstivk

Week 10/7-10/11: Meat & Cheese Box Meal (turkey or hard boiled egg; cubed cheese; crackers or flatbread) & Sunbutter Jelly Sandwich w cheese stick

Week 10/14-10/18-: Pretzel Hummus Meal (pretzel nuggets, homemade hummus, cucumber slices or carrot sticks) & Turkey Sandwich

Week 10/21-10/25: Yogurt Parfait (lowfat yogurt; fruit; nut-free granola) & Mixed Green Salad w/ Egg

All Lunches Include:

Entrée, WG Bread/Grain, Vegetable, Fruit/Juice and Choice of 1% White or Fat-Free White or no HFCS Chocolate Milk.

Variety of cold vegetables and fruit offered daily

If you have any questions or comments, please call the Food Service Director

Kaycee Czyzak 914-777-4845

Additional Daily Fresh Fruit & Vegetable Options May Include

Cucumber Slices, Pepper Strips, Baby Carrots, Raisins, Banans, Apple Slices, Orange Wedges, Bean Salads



This institution is an equal opportunity provider.

1 Brunch for Lunch
WG Pancakes
Turkey Sausage Patty

Sweet Potato Fries

Fresh Orange Wedges

2 

Spinach Salad

Fresh Grapefruit

3 **Let's Celebrate!!**
October 14 – 18
National School Breakfast Week
"School Lunch Pirates: Find Your Treasure"!



7 Chicken Tenders
With Dinner Roll
BBQ Dipping Sauce

Roasted Zucchini

Fresh Orange Wedges

8 Brunch for Lunch
WG Waffles
Turkey Sausage Patty

Hash Browns

Fresh Grapefruit

9 Pasta with Butter & Popcorn Chicken

Seasoned Carrots

Fresh Banana


Soft Shell Tacos
WG Tortilla Wrap
Seasoned Ground Beef, Salsa,
Shredded Cheddar
Black Beans

Fresh Nectarine

11 
VILLA MARIA PIZZA

Caesar Salad

Fresh Watermelon

14 Treasure Chest Lunch Tuesday


15 Pirate Plunder Pasta with Garlic Planks
(Spaghetti & Meatballs w Garlic Bread)

Roasted Cauliflower
Fresh Pear

16 Brunch for Lunch
WG Pancakes
Turkey Sausage Patty

Sweet Potato Fries

Fresh Orange Wedges

17 Chicken & Cheese Quesadilla
WG Tortilla Wrap
Shredded Cheddar Cheese

Golden Corn

Fresh Peach

18 
VILLA MARIA PIZZA

Garden Salad

Fresh Banana

21 Chicken Patty on WG Bun

Steamed Green Beans

Fresh Orange

22 Brunch for Lunch
WG French Toast Sticks
Turkey Sausage Patty

Hash Brown

Fresh Apple Slices

23 Hamburger or Cheeseburger
WG Bun

Sweet Potato Fries

Fresh Watermelon

24 Nachos
Tostito Chips
Seasoned Ground Beef, Rice, Salsa,
Shredded Cheddar

Seasoned Black Beans

Fresh Apple

25 
VILLA MARIA PIZZA

Spinach Salad

Fresh Grapefruit

28 Chicken Tenders
With Dinner Roll
BBQ Dipping Sauce

Steamed Carrot Coins

Fresh Pear

29 Brunch for Lunch
WG Waffles
Turkey Sausage Patty

Hash Browns

Fresh Grapefruit

30 Homemade Macaroni & Cheese
Dinner Roll

Roasted Carrots

Fresh Kiwi



Student Meal Price: \$2.75 Juice/Milk: \$0.75

Adult Meal Price: \$5.43 including tax

