

Suffern High School

Welcome to our Lunch Cafe

9/2/2024 - 9/6/2024

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Wing Shack Classic Buffalo Chicken Wings
an American classic, tossed in spicy buffalo sauce
Celery Sticks
Steamed Broccoli
Fresh Green Grabes



Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell
Yellow Rice
Black Beans
Salsa
Rahv Carrots



Chicken Parmesan Sandwich
Oven Baked Fries
Spinach Salad
Sautéed Cinnamon Apple Slices
crisp apple slices sautéed in butter and dusted with cinnamon

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% Chilled Milk



Chicken Fajita Pizza
cheesy pizza slice topped with fajita chicken, onions and peppers

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cheesy pizza slice topped with fajita chicken, onions and peppers

Chicken Fajita Pizza
cheesy pizza slice topped with fajita chicken, onions and peppers

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Chicken Ranch Wrap
tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap

Chicken Ranch Wrap
tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap

Chicken Ranch Wrap
tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Italian Combo Sandwich
freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato

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Italian Combo Sandwich
freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato

Available Daily: Assorted Cold Cuts, Cheeses, Bread, Rolls, Wraps & Condiments Made to Order and ALWAYS Fresh!

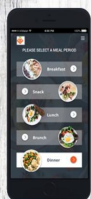


NY Fruity Yogurt Parfait with Graham Crackers
local NY low fat vanilla yogurt layered with fruit and graham crackers

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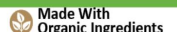
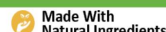
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. * Menu is subject to change, notice posted when available. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.



Suffern High School

Welcome to our Lunch Cafe

9/9/2024 - 9/13/2024



Monday

Tuesday

Wednesday

Thursday

Friday



Mission Burrito
Seasoned Rice
Spicy Four Bean Salad
Sliced Tomatoes
Salsa
Fresh Orange



Incredibowls General Tso's Chicken
General Tso's seasoned chicken with brown rice, broccoli, and scallions
Steamed Broccoli
Cauliflower
Fresh Strawberries

The Works Hot Dog
hot dog on a bun with mustard, sauerkraut, jalapenos, onions and relish
Roasted Squash
Fresh NY Local
Apple

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Yellow Rice
Black Beans
Green Beans
Side Garden Salad



Nashville Hot Kickin' Chicken
freshly prepared chicken drizzled with hot sauce, topped with coleslaw and pickled chips
Crispy Potato Puffs
Fresh Baby Carrots
Fresh Banana

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Broccoli Pizza
freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets

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freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Club Griller
grilled cheese sandwich with Swiss cheese, tomatoes, bacon, ranch and American cheese

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grilled cheese sandwich with Swiss cheese, tomatoes, bacon, ranch and American cheese

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Club Griller
grilled cheese sandwich with Swiss cheese, tomatoes, bacon, ranch and American cheese

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Buffalo Chicken Sandwich
warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato

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warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato

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warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato

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warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato

Available Daily: Assorted Cold Cuts, Cheeses, Bread, Rolls, Wraps & Condiments Made to Order and ALWAYS Fresh!



Fruity Granola Parfait
Low fat vanilla yogurt layered with fruit and granola

NY Fruity Yogurt Parfait with Granola
local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola

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local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola

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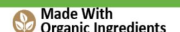
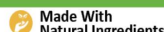
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Suffern High School

Welcome to our
Lunch Cafe

9/16/2024 - 9/20/2024

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Chicken & Broccoli Alfredo
grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🍴
Side Garden Salad
Steamed Broccoli
Fresh Orange

NY Beef Burger with Bacon & Cheese
NY beef burger topped with cheese and bacon on a freshly toasted bun P
Oven Baked Fries
Baked Beans
Fresh Baby Carrots

Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta 🍴
Sauteed Zucchini Spinach Salad P
Fresh Banana

Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🍴
Seasoned Rice
Sweet Corn
Cucumber Coins
Honeydew and

Wing Shack BBQ
Style Chicken Wings
BBQ Chicken Wings
Oven Baked Fries
Steamed Carrots
Celery Sticks
Fresh NY Local Apple
Fresh NY Local Apple

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2%



Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍴

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fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍴

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fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍴

Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍴

Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍴

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



South of the Border Wrap
warm chicken, seasoned rice, and cheddar cheese wrapped in a tortilla 🍴

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warm chicken, seasoned rice, and cheddar cheese wrapped in a tortilla 🍴



Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Toasty Garlic Mozzarella Sandwich with Tomato
toasted garlic bread sandwich stuffed with mozzarella and tomato 🍴

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toasted garlic bread sandwich stuffed with mozzarella and tomato 🍴

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toasted garlic bread sandwich stuffed with mozzarella and tomato 🍴

Available Daily: Assorted Cold Cuts, Cheeses, Bread, Wraps, Rolls & Condiments Made to Order and ALWAYS Fresh!



NY Fruity Yogurt Parfait with Granola
local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍴

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local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola 🍴

Fruity Granola Parfait
Low fat vanilla yogurt layered with fruit and granola 🍴

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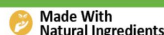
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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Suffern High School

Welcome to our Lunch Cafe

9/23/2024 - 9/27/2024



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy
Sweet Potato Fries
Cauliflower
Fresh NY Local Apple

Classic Tex Mex Burrito
mexi-style meat, rice and shredded cheese folded inside a soft tortilla
Cinnamon & Honey Roasted Beans
Celery
Fresh Blueberries

Buffalo Chicken Mac & Cheese
pasta in cheese sauce, topped with buffalo style chicken
Steamed Broccoli
Cucumber Coins
Fresh Orange

Tot Spot's Philly Tater Tots
crispy tater tots topped with beef, peppers and onions and creamy cheese sauce
Green Beans
Chilled Red Pepper Strins

Wing Shack Classic Buffalo Chicken Wings
an American classic, tossed in spicy buffalo sauce
Oven Baked Fries
Baby Carrots
Lite Ranch Dressing

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Onion Pizza
freshly prepared in-house cheese pizza topped with sliced onions

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freshly prepared in-house cheese pizza topped with sliced onions

Onion Pizza
freshly prepared in-house cheese pizza topped with sliced onions

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Marinara Sauce

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baked bread sticks filled with melted cheese

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baked bread sticks filled with melted cheese
Marinara Sauce

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Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Marinara Sauce

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Meltdown Cafe Grilled Cheese with Bacon
grilled cheese with layers of crisp bacon on toasty bread

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grilled cheese with layers of crisp bacon on toasty bread

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grilled cheese with layers of crisp bacon on toasty bread

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Meltdown Cafe Grilled Cheese with Bacon
grilled cheese with layers of crisp bacon on toasty bread

Available Daily: Assorted Cold Cuts, Cheeses, Breads, Rolls, Wraps & Condiments made to order and ALWAYS Fresh!



NY Fruity Yogurt Parfait with Granola
local NY low fat vanilla yogurt topped with strawberries, blueberries, and crunchy granola

NY Fruity Yogurt Parfait with Graham Crackers
local NY low fat vanilla yogurt layered with fruit and graham crackers

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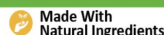
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Suffern High School

Welcome to our
Lunch Cafe

9/30/2024 - 9/30/2024

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Incredibowls Chicken & Vegetable Rice fluffy rice topped with vegetable stir fry and baked chicken 🍗
Sweet Corn
Baby Carrots
Fresh NY Local Apple



BBQ Chicken Pizza freshly prepared cheese pizza topped with chicken tossed in BBQ sauce 🍗

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Pizzadilla Quesadilla grilled tortilla filled with melty cheese, tomato sauce, salsa, and pepperoni P

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Turkey Club Wrap turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🍗

Available Daily: Assorted cold cuts, cheeses, bread, rolls, wraps & Condiments Made to Order Always Fresh!

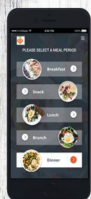
Boar's Head



Fruity Granola Parfait Low fat vanilla yogurt layered with fruit and granola 🍌 🍓 🍓



Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



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