

Suffern High School

5/1/2025 - 5/2/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



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



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



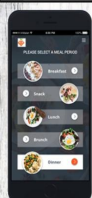
Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



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



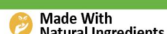
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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

5/5/2025 - 5/9/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Yard Bird Classic Chicken Sandwich
a delicious chicken filet on a hearty bun, served with special sauce and a pickle
Baked Potato Wedges
Snick Four Bean

Sloppy Joe on a Bun
homemade sloppy joe served on a soft bun
Sweet Corn
Fresh Strawberries

Classic Tex Mex Burrito
mexi-style meat, rice and shredded cheese folded inside a soft tortilla
Refried Beans
Steamed Broccoli
Fresh NY Local Apple

Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta
Green Beans
Side Garden Salad
Watermelon Cup



Crispy Potato Puffs
crisp potato puffs baked to perfection
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

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

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

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

Broccoli Pizza
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

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

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

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

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

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

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

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

Buffalo Chicken Sandwich
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

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

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

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



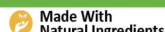
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk



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

5/12/2025 - 5/16/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Side Garden Salad
fresh lettuce and tomato
salad
Steamed Broccoli
Fresh Orange

Baked Chicken
Mashed Potatoes
Dinner Rolls
Blueberry Cobbler
Glazed Carrots

Chicken Parmesan
Over Pasta
oven baked chicken
topped with sauce and
melted cheese, all over
pasta 🍴
Sauteed Zucchini
Green Bean Salad
Fresh NY Local

Chicken Fajita
seasoned chicken
Cucumber Coins
Mixed Vegetables
Seasoned Rice

Cheese Pizza
fresh pizza dough
layered with tomato
sauce, topped with
cheese and baked until
crisp 🍴
Pepperoni Pizza 🍴

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 🍴

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 🍴

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 🍴

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

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

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

South of the Border
Wrap
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
🍴

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

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

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

Toasty Garlic
Mozzarella Sandwich
with Tomato
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 🍴

NY Fruity Yogurt
Parfait with Granola
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 🍴

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

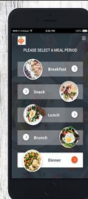
Fruity Granola Parfait
Low fat vanilla yogurt
layered with fruit and
granola 🍴



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

Fresh Orange

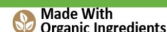
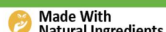
Fresh Orange



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.



WHITSON'S
School Nutrition

Suffern High School

5/19/2025 - 5/23/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Baked Pasta with Cheese
pasta topped with melted cheese, baked to perfection
Roasted Garlic Cauliflower
Caesar Salad
Diced Peaches

Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese
Classic Tex Mex Burrito
Cinnamon & Honey Roasted Beans
Celery

Chicken Lo Mein
tender chicken sauteed with vegetables and lo mein noodles
Cucumber Coins
Homemade Peach Cobbler

Chicken Parmesan Sandwich
chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll
Green Beans
Chilled Red Pepper

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

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

Onion Pizza
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

Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese

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

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

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

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

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

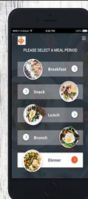
NY Fruity Yogurt Parfait with Graham Crackers
	local NY low fat vanilla yogurt layered with fruit and graham crackers

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

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



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

5/26/2025 - 5/30/2025

Welcome to our
Lunch Cafe

MEATLESS
MONDAY

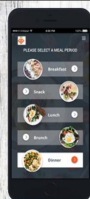
Monday

Tuesday

Wednesday

Thursday

Friday



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.



Vegetarian



Made With
Natural Ingredients



P Pork



Smart
Choice



Made With
Organic Ingredients

WHITSON'S
School Nutrition