

FEBRUARY 2026

Daily Offerings:

Whole Grain Mini Waffle,
Pancakes & Cini Minis

Variety of Whole Grain
Muffins with Cheese Stick

Variety of Whole
Grain/Reduced Sugar Cereal
Bowls & Bars with Cheese
Stick

**All Complete Meals
Must Include a Choice
of:**

Fresh Fruit/Vegetable
or 100% Juice

And May Include:
1% Low Fat Milk or
Skim Milk



Whole Grain Bagel Breakfast

Food Service Director
Kaycee Czyzak
914-669-5414 ext:2030

PQ Elementary Breakfast

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| Whole Grain Bagel with Cream Cheese ² Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice | Strawberry Yogurt with Graham Crackers ³ Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice | Whole Grain Cereal Bar & Cheese Stick ⁴ Banana 8oz Milk 1% or Skim Milk 100% Fruit Juice | Whole Grain Cereal Bowl & Cheese Stick ⁵ Strawberry 8oz Milk 1% or Skim Milk 100% Fruit Juice | Whole Grain Muffin & Cheese Stick ⁶ Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice |
| Whole Grain Bagel with Cream Cheese ⁹ Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice | Strawberry Yogurt with Graham Crackers ¹⁰ Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice | Whole Grain Cereal Bar & Cheese Stick ¹¹ Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice | Whole Grain Cereal Bowl & Cheese Stick ¹² Banana 8oz Milk 1% or Skim Milk 100% Fruit Juice | Whole Grain Muffin & Cheese Stick ¹³ Apple Sauce Cup 8oz Milk 1% or Skim Milk 100% Fruit Juice |
| 16 | 17 | 18 | 19 | 20 |
| | | <h3>Winter Recess</h3> | | |
| Whole Grain Bagel with Cream Cheese ²³ Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice | Strawberry Yogurt with Graham Crackers ²⁴ Honeydew 8oz Milk 1% or Skim Milk 100% Fruit Juice | Whole Grain Cereal Bar & Cheese Stick ²⁵ Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice | Whole Grain Cereal Bowl & Cheese Stick ²⁶ Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice | Whole Grain Muffin & Cheese Stick ²⁷ Tangerine 8oz Milk 1% or Skim Milk 100% Fruit Juice |
| | <p>Food Service Director Kaycee Czyzak foodservice@ northsalesschools.org 914-669-5414 ext 2030</p> | | | <p>Student First Lunch Free If student wishes to purchase an additional meal: Breakfast: \$2.25 Lunch: \$3.75 Adult Breakfast: \$3.05 +tax Adult Lunch: \$5.50 + tax</p> |

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Alternate Meals Also Available:

Sandwich Meal

Boar's Head Turkey, Boar's Head Ham (pork), Sunbutter & Jelly, Cheese Sandwich

Salad Meal

Lettuce, Cucumber, Tomato, Carrot, Diced Chicken or Cheese, Whole Grain Roll

Bagel Meal

Whole Grain Bagel, Cheese Stick, Yogurt

Parfait Meal

Yogurt Parfait with Strawberries or Blueberries, Graham Crackers, Cheese Stick

Smoothie Meal

Strawberry or Strawberry Banana Smoothie, Graham Crackers, Cheese Stick



PQ Elementary Lunch

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 2 | 3 | 4 | 5 | 6 |
| WG Popcorn Chicken with Dinner Roll Or Turkey Hot Dog On WG Bun Vegetarian Baked Beans Steamed Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice | WG Grilled Cheese Sandwich Or Pizza Crunchers Baked French Fries Steamed Green Beans Fresh Orange 8oz Milk 100% Fruit Juice | Macaroni & Cheese with WG Breadstick or WG Chicken Nuggets with Dinner Roll Roasted Broccoli Cucumber Slices Fresh Apple 8oz Milk 100% Fruit Juice | <u>Brunch For Lunch</u> WG French Toast Sticks & Turkey Sausage Or Roasted Butternut Squash Red Pepper Strips Honeydew 8oz Milk 100% Fruit Juice | Fresh Baked WG Cheese or Pork Pepperoni Pizza Romaine Salad Baby Carrots Tangerine 8oz Milk 100% Fruit Juice |
| 9 | 10 | 11 | 12 | 13 |
| WG Cheese Stuffed Breadstick with Marinara Sauce Or Chicken & Cheese WG Quesadilla Buffalo Cauliflower Red Pepper Strips Fresh Watermelon 8oz Milk 100% Fruit Juice | Beef or Cheeseburger on WG Bun Or Chicken Patty on WG Bun Baked Sweet Potato Fries BBQ Vegetarian Bean Fresh Apple 8oz Milk | <u>Nachos</u> Ground Beef, Tortilla Chips, Shredded Cheddar, Salsa Or WG Chicken Tenders with Dinner Roll Garbanzo Beans Red Pepper Strips Orange Wedges 8oz Milk 100% Fruit Juice | <u>Brunch For Lunch</u> WG Waffles & Turkey Sausage Or WG Mini Corn Dogs Tater Tots Celery Sticks Fresh Banana 8oz Milk 100% Fruit Juice | Fresh Baked WG Cheese or Pork Pepperoni Pizza Romaine Salad Baby Carrots Tangerine 8oz Milk 100% Fruit Juice |
| 16 | 17 | 18 | 19 | 20 |
| | | <h2>Winter Recess</h2> | | |
| 23 | 24 | 25 | 26 | 27 |
| WG Chicken Tenders with Breadstick Or Turkey Hot Dog On WG Bun Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice | WG Spaghetti & Chicken Meatballs with Marinara Sauce & Breadstick or Grilled Cheese WG Bread Romaine Salad Steamed Green Beans Fresh Apple 8oz Milk 100% Fruit Juice | <u>Tacos</u> Seasoned Beef, WG Soft Shell Taco, Cheddar Cheese, Salsa Or WG Cheese Quesadilla Mexicali Corn Black Beans Fresh Pear 8oz Milk 100% Fruit Juice | <u>Brunch For Lunch</u> WG Pancakes & Turkey Sausage Or Pizza Crunchers Roasted Butternut Squash Red Pepper Strips Orange Wedges 8oz Milk 100% Fruit Juice | Fresh Baked WG Cheese or Pork Pepperoni Pizza Romaine Salad Baby Carrots Tangerine 8oz Milk 100% Fruit Juice |
| <p>Food Service Director Kaycee Czyzak foodservice@northsalemsschools.org 914-669-5414 ext 2030</p> | | | | <p>Student First Lunch Free If student wishes to purchase an additional meal: Breakfast: \$2.25 Lunch: \$3.75 Adult Breakfast: \$3.05 +tax Adult Lunch: \$5.50 + tax</p> |

TOASTY TONES

While not as colorful as the rest of the food rainbow, brown produce provides invaluable health benefits. Ranging from tan to deep brown in color, these hearty seeds, beans, roots, and grains are high in fiber and antioxidants, which help protect the body against digestive and heart issues. This family of foods includes most whole grains like wheat, brown rice, quinoa, and oats, as well as nuts, coffee, tea, and dark chocolate.

DISCOVER: DATES

Best not be late when the menu calls for dates! In season October through January, dates are a delicious snack or baking addition packed with fiber, calcium, and iron.



ALMONDS: Bursting with, fiber, magnesium, & vitamin E

Peak Season: Aug.-Oct.

BROWN PEAR: Hearty dose of vitamin C, fiber, and copper

Peak Season: Sep.-Apr.



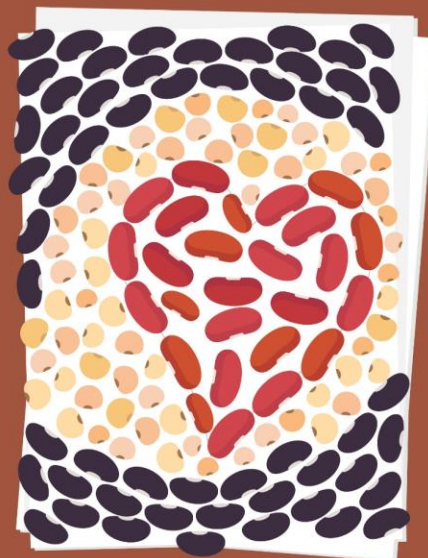
QUINOA: Brimming with fiber, protein, & quercetin

Peak Season: Sep.-Nov.

CHALLENGE OF THE MONTH: BEAN MOSAICS

Mosaics are about using small objects to make a bigger picture. First decide what you want to depict and draw a rough outline on your background. Then paint glue over a small area at a time and place the beans in the glue to make your masterpiece.

You'll need: glue, paintbrush, cardboard, pencils, and a variety of dry beans and seeds



ACE'S
RECIPE OF THE
MONTH:

HEALTHY-YET-DELICIOUS BROWNIES*

Serves 16

INGREDIENTS:

- 15 fresh medjool dates
- 3/4 cup cacao powder
- 2 free-ranged eggs
- 1/3 cup cold-pressed coconut oil (melted)
- 1/2 to 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract
- 1 pinch of sea salt

PREPARATION:

1. Preheat the oven to 360° Fahrenheit.
2. Pour boiling water into a large bowl, carefully place a smaller bowl into the water, and then add the coconut oil into the small bowl to melt.
3. Pit the dates, soak them in warm water for 5-10 minutes, then remove from water.
4. Blend the dates, coconut oil, eggs, and cacao powder together in a blender until smooth.
5. Grease a baking dish with extra coconut oil and pour the brownie batter in.
6. Bake for 20-25 minutes (depending on thickness).
7. Once cooked, remove from oven, let them cool, sprinkle with extra cacao powder, cut into squares, and enjoy!

***DO NOT attempt to cook, bake, or blend without adult supervision.**