



February 2026

North Salem Middle & High School

BREAKFAST MENU

Variety of Seasonal Fruit & Vegetables Offered Daily
100% Fruit Juice, 1% Fat Free, Skim, or Chocolate Milk

All Breakfasts Must Include

Choice Of:
Fruit, 100% Juice

And May Include:
1% Low Fat Milk, Skim Milk, Or Fat Free Chocolate Milk
Hormone Free, No High Fructose Corn Syrup

Available Daily
Whole Grain Assorted Muffins & Cereals, Whole Grain Bagels, Home Made Egg Sandwiches, Yogurt Parfaits, Whole Grain Cereal Bars, Whole Grain Donuts

Assorted Fresh Fruit & Fruit Cups

MON	TUES	WED	THURS	FRI
2 Bacon (Pork), Egg & Cheese On Whole Grain English Muffin Fresh Orange Fruit Juice 8oz Milk	3 Whole Grain Pancakes w/Maple Syrup Blueberries Fruit Juice 8oz Milk	4 Strawberry Yogurt Parfait Graham Crackers Apple Juice 8 oz milk	5 Whole Grain Waffle Turkey Sausage Maple Syrup Orange Juice 8 oz Milk	6 Whole Grain Bagel With Butter or Cream Cheese Fresh Banana Fruit Juice 8oz Milk
9 Whole Grain Waffle, Turkey Sausage Maple Syrup Fresh Pear Fruit Juice 8oz Milk	10 Turkey Sausage, Egg & Cheese on WG Kaiser Roll Fresh Apple Fruit Juice 8oz Milk	11 Whole Grain Bagel With Butter Or Cream Cheese Chilled Peach Slices Fruit Juice 8oz Milk	12 Scrambles Eggs Bacon (Pork) Fresh Apple Fruit Juice 8 oz Milk	13 Sausage (Turkey) Egg & Cheese On Whole Grain Bagel Fresh Strawberries Fruit Juice 8oz Milk
16	17	18	19	20
			<h2>Winter Recess</h2>	
23 Whole Grain Pancakes w/Maple Syrup Blueberries Fruit Juice 8oz Milk	24 Whole Grain Bagel with Butter or Cream Cheese Fresh Banana Apple Juice 8 Oz Milk	25 Sausage (Turkey) Egg & Cheese On Whole Grain Bagel Fresh Strawberries Fruit Juice 8oz Milk	26 Strawberry Yogurt Parfait Graham Crackers Apple Juice 8 oz milk	27 Whole Grain Cinnamon Donut Fresh Apple Fruit Juice 8oz Milk

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

Food Service Director
Kaycee Czyzak
Foodservice@northsalem schools.org
914-669-5415 ext:2030

Powering potential™

Menus are subject to change.

Consuming raw or uncooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. If you have questions or would like additional information please contact your food service director at 914-669-5414 ext 2030



****Need to add money to your Childs account**
*Log on to – [MySchoolBucks.com](https://myschoolbucks.com)
Or Pay w/ cash or a check made out to North Salem School Lunch Fund



This institution is an equal opportunity provider.

All Complete Meals Must Include a Choice of:
 Fresh Fruit/Vegetable or 100% Juice
And May Include:
 1% Low Fat Milk or Skim Milk

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.

MTO Deli Bar -

Choice of Boars Head Ham, Turkey or Buffalo Chicken and Assorted Cheeses on Whole Grain Kaiser, Flat Bread, Tortilla Wrap or Sliced Bread

Daily Alternate Options

WG Pizza Options, WG Pizza Crunchers, Chicken Patty on WG Roll, Cheeseburger on WG roll, Chicken Nuggets with WG Bread Roll, Yogurt Parfait w Granola, Peanut Butter & Jelly on WG Bread



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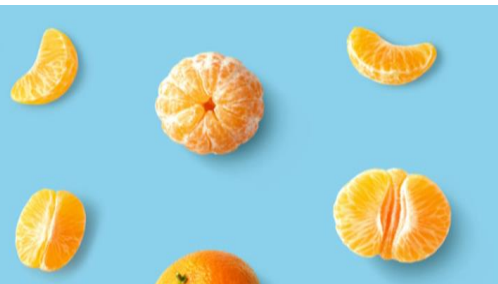
North Salem Middle & High School
LUNCH MENU

Variety of Seasonal Fruit & Vegetables Offered Daily
 100% Fruit Juice, 1% Fat Free, Skim, or Chocolate Milk

MON	TUES	WED	THURS	FRI
<p>2 Orange Chicken WG Boneless Chicken With Egg Fried Rice Roasted Green Beans & Edamame Fresh Orange</p>	<p>3 Burrito Seasoned Beef, Beans, Melted Cheddar In WG Soft Shell Tortilla Bean Salad Buffalo Cauliflower Fresh Apple</p>	<p>4 WG Pasta Meat or Marinara Sauce & WG Dinner Roll Roasted Broccoli Sauteed Carrot Coins Fresh Banana</p>	<p>5 Brunch For Lunch WG Pancakes, Pork Sausage, Maple Syrup, Berry Compote Hash Browns Steamed Carrots Cinnamon Pears</p>	<p>Super Bowl Wing Bar Buffalo, BBQ or Plain Chicken Wings Celery & Carrot Sticks, Blue Cheese or Ranch Dressing Garlic Knots Fresh Apple</p>
<p>9 "KFC" Popcorn Chicken Bowl WG Popcorn Chicken, Mashed Potatoes, Sweet Corn, Brown Gravy Fresh Apple</p>	<p>10 Beef Nachos Seasoned Ground Beef, Tostito Chips, Salsa, Shredded Cheddar, Salsa, Sour Cream Sweet Corn Roasted Garbanzo Beans Fresh Pear</p>	<p>11 Alferdo Pasta & Grilled Chicken, WG Baked Dinner Roll Roasted Broccoli & Zucchini Fresh Strawberries</p>	<p>12 Brunch For Lunch WG French Toast Turkey Sausage, Maple Syrup, Berry Compote Tater Tots Romaine Salad Fresh Blueberries</p>	<p>13 Pizza Crunchers With Marinara Dipping Sauce Spicy Waffle Fries Fresh Orange</p>
<p>16 17 18 19 20</p>  <p>Winter Recess</p>				
<p>23 Chicken Fajitas Seasoned Chicken WG Soft Shell Tortilla, Salsa, Sour Cream & Guacamole Red Pepper Strips Seasoned Black Beans Fresh Pear</p>	<p>Build Your Own Burger or Chicken Patty Beef Burger or Plain/Spicy Chicken Patty Cheese, Lettuce, Pickle, Onion, Jalapenos Spicy Fries, Baked Vegetarian Beans, Fresh Apple</p>	<p>Cheeseburger Nachos with Pickle Queso WG Tostito Chips, Ground Beef, Tater Tots, Pickle Queso, Shredded Lettuce & Diced Tomato Steamed Green Beans Fresh Banana</p>	<p>26 Fish Tacos Breaded Pollock Fish Sticks in WG Soft Shell Tortilla, Creamy Coleslaw Sweet Corn Fresh Melon</p>	<p>Buffalo Chicken & Cheese Wrap Spicy Grilled Chicken, Melted Cheddar in a WG Tortilla Wrap Roasted Garbanzo Beans Fresh Pear</p>
				

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All Lunches Include:

Entrée, Bread/Grain, Protein, Choice of Vegetable, Fruit/Juice and Choice of 1% White or Fat-Free White or Chocolate Milk.

All daily fruits & vegetables are available to take with the above cold meals

Food Service Director

Kaycee Czyzak

914-669-5414 ext 2030



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