

MARCH 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

*No duplicates on cereal or yogurt
BIC Schools Have Daily Cereal Option

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
Whole Grain Bagel with Cream Cheese ¹⁶ Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	Strawberry Yogurt with Graham Crackers ¹⁷ Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bar & Cheese Stick ¹⁸ Banana 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bowl & Cheese Stick ¹⁹ Strawberry 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Muffin & Cheese Stick ²⁰ Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice
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	Schools Closed PD Day ²⁶	Whole Grain Muffin & Cheese Stick ²⁷ Tangerine 8oz Milk 1% or Skim Milk 100% Fruit Juice
Spring Break ³⁰	Spring Break ³¹		Food Service Director Kaycee Czyzak foodservice@northsalemschools.org 914-669-5414 ext 2030	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

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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



ACE'S CORNER

PQ Elementary Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 WG Grilled Cheese Sandwich Or Pizza Crunchers Baked French Fries Steamed Green Beans Fresh Orange 8oz Milk 100% Fruit Juice	4 Macaroni & Cheese with WG Breadstick or WG Chicken Nuggets with Dinner Roll Roasted Broccoli Cucumber Slices Fresh Apple 8oz Milk 100% Fruit Juice	5 Brunch For Lunch WG French Toast Sticks & Turkey Sausage Or Roasted Butternut Squash Red Pepper Strips Honeydew 8oz Milk 100% Fruit Juice	6 Fresh Baked WG Cheese or Pork Pepperoni Pizza Romaine Salad Baby Carrots Tangerine 8oz Milk 100% Fruit Juice
9 WG Cheese Stuffed Breadstick with Marinara Sauce Or Chicken & Cheese WG Quesadilla Buffalo Cauliflower Red Pepper Strips Fresh Watermelon 8oz Milk 100% Fruit Juice	10 Beef or Cheeseburger on WG Bun Or Chicken Patty on WG Bun Baked Sweet Potato Fries BBQ Vegetarian Bean Fresh Apple 8oz Milk	11 Nachos 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	12 Brunch For Lunch WG Waffles & Turkey Sausage Or WG Mini Corn Dogs Tater Tots Celery Sticks Fresh Banana 8oz Milk 100% Fruit Juice	13 Fresh Baked WG Cheese or BBQ Chicken Pizza Romaine Salad Peas & Carrots Apple Sauce Cup 8oz Milk 100% Fruit Juice
16 WG Chicken Tenders with Breadstick Or Turkey Hot Dog On WG Bun Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice	17 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	18 Tacos Seasoned Beef, WG Soft Shell Taco, Cheddar Cheese, Salsa Or WG Cheese Quesadilla Mexicali Corn Black Beans Fresh Pear 8oz Milk 100% Fruit Juice	19 PQ Early Dismissal No Lunch	20 Fresh Baked WG Cheese or Pork Pepperoni Pizza Romaine Salad Baby Carrots Tangerine 8oz Milk 100% Fruit Juice
23 WG Chicken Tenders with Breadstick Or Pizza Crunchers Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice	24 Orange Chicken WG Popcorn Chicken with Orange Asian Sauce Or WG Cheese Quesadilla Roasted Broccoli Red Pepper Strips Fresh Pear 8oz Milk 100% Fruit Juice	25 Brunch For Lunch WG Pancakes & Turkey Sausage Or Cheeseburger on WG Bun Roasted Butternut Squash Red Pepper Strips Orange Wedges 8oz Milk 100% Fruit Juice	26 Schools Closed PD Day	27 Fresh Baked WG Cheese or Chicken Meatball Pizza Steamed Broccoli Buffalo Cauliflower Pear 8oz Milk 100% Fruit Juice
30 Spring Break	31 		Food Service Director Kaycee Czyzak foodservice@northsalemschools.org 914-669-5414 ext 2030	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

NEW MOON NUTRIENTS

Foods that are black in color pack an abundance of flavor as well as anthocyanins and minerals. These minerals include iron, which helps red blood cells to deliver oxygen to other cells, and our body's most essential and abundant mineral, calcium. Examples of deeply achromatic produce include black-eyed peas, black quinoa, black sesame seeds, black pepper, black lentils, and black tea. As a general rule, the darker the color—the more antioxidants they contain!

DISCOVER: BLACKBERRIES

Bursting with tart sweetness, blackberries are shaking things up in the cafeteria this month. In season during the warmer months, these juicy berries are packed with vitamin C, fiber, and manganese.



BLACK BEANS: Packed with protein, fiber, & minerals
Peak Season: Jun.-Aug.

BLACK RICE:

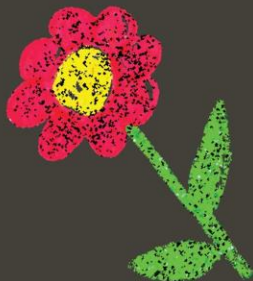
Hearty dose of protein, iron, & antioxidants
Peak Season: Sep.-Oct.



BLACK OLIVES: Packed with calcium, iron, & potassium
Peak Season: Sep.-Nov.

CHALLENGE OF THE MONTH: HOMEMADE SIDEWALK PAINT

Using water, cornstarch, and food coloring you can make your own sidewalk paint! Just mix equal parts water and cornstarch and then add the food coloring of your choice. With a muffin tin as your painter's palette, you can mix up a variety of colors to make your own work of art outside.



ACE'S RECIPE OF THE MONTH:

BLACK BEAN AND TOMATO SALAD*

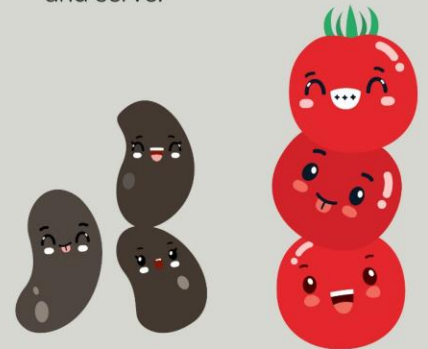
Serves 4

INGREDIENTS:

- 1 package cherry tomatoes
- 1 can black beans
- 1/4 cup corn
- 2-3 green onions chopped
- 2 cloves garlic minced
- 3 tablespoons cilantro finely chopped
- 1/4 cup orange juice
- 1 tablespoon balsamic vinegar
- 1 pinch salt or to taste
- 1-2 teaspoon(s) sugar to taste
- 1 teaspoon chili powder

PREPARATION:

1. In a medium bowl, mix tomatoes, black beans, corn, and green onions.
2. In a small bowl, make dressing by mixing garlic, cilantro, orange juice, balsamic vinegar, salt, sugar, and chili powder.
3. Pour dressing over top of salad mixture, stir to combine, and serve.



*DO NOT attempt to chop or cook without adult supervision.