



March 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), Warm Biscuit Fresh Apple Fruit Juice 8 oz Milk	13 Sausage (Turkey) Egg & Cheese On Whole Grain Bagel Fresh Strawberries Fruit Juice 8oz Milk
	16 Bacon (Pork), Egg & Cheese On Whole Grain English Muffin Fresh Orange Fruit Juice 8oz Milk	17 Whole Grain Pancakes w/Maple Syrup Blueberries Fruit Juice 8oz Milk	18 Strawberry Yogurt Parfait Graham Crackers Apple Juice 8 oz milk	19 Whole Grain Waffle Turkey Sausage Maple Syrup Orange Juice 8 oz Milk	20 Whole Grain Bagel With Butter or Cream Cheese Fresh Banana Fruit Juice 8oz Milk
	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
	Spring Break				

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
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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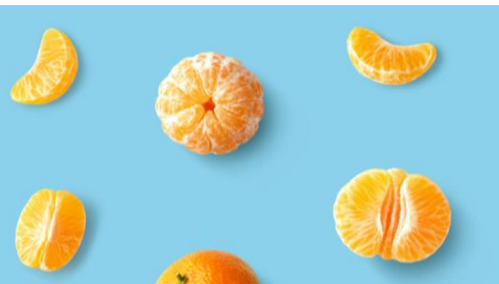
North Salem Middle & High School
LUNCH MENU

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

MON	TUES	WED	THURS	FRI
Chicken Fajitas ² Seasoned Chicken WG Soft Shell Tortilla, Salsa, Sour Cream & Guacamole Red Pepper Strips Seasoned Black Beans Fresh Pear	Burrito ³ Seasoned Beef, Beans, Melted Cheddar In WG Soft Shell Tortilla Bean Salad Buffalo Cauliflower Fresh Apple	Orange Chicken ⁴ WG Boneless Chicken With Egg Fried Rice Roasted Green Beans & Edamame Fresh Orange	Brunch For Lunch ⁵ WG Pancakes, Pork Sausage, Maple Syrup, Hash Browns Steamed Carrots Cinnamon Pears	Chicken Parmesan ⁶ WG Chicken With Marinara Sauce & Melted Mozzarella WG Dinner Roll Sauteed Green Beans Fresh Banana
Gen Tso Chicken ⁹ WG Popcorn Chicken, Vegetable Fried Rice, Bread Roll Peas & Carrots Steamed Edamame Fresh Apple	Beef Nachos ¹⁰ Seasoned Ground Beef, Tostito Chips, Salsa, Shredded Cheddar, Salsa, Sour Cream Sweet Corn Roasted Garbanzo Beans Fresh Pear	WG Pasta ¹¹ Meat or Marinara Sauce & WG Dinner Roll Roasted Broccoli Sauteed Carrot Coins Fresh Banana	Brunch For Lunch ¹² WG French Toast Turkey Sausage, Maple Syrup, Tater Tots Fresh Blueberries	Buffalo Chicken & Cheese Wrap ¹³ Spicy Grilled Chicken, Melted Cheddar in a WG Tortilla Wrap Romain Salad Fresh Pear
Chicken Lo Mein ¹⁶ WG Lo Mein Noodle & Grilled Chicken with WG Dinner Roll Roasted Edamame & Broccoli Fresh Orange	Fish Tacos ¹⁷ Breaded Pollock Fish Sticks in WG Soft Shell Tortilla, Creamy Coleslaw Seasoned Black Beans Fresh Melon	"KFC" Popcorn Chicken Bowl ¹⁸ WG Popcorn Chicken, Mashed Potatoes, Sweet Corn, Brown Gravy Fresh Pear	Early Dismissal No Lunch ¹⁹	Build Your Own Hot Dog ²⁰ WG Bun Chili, Melted Cheese, Carnalized Onion, Jalapenos Roasted Corn BBQ Vegetarian Beans Fresh Apple
Meatball Parm ²³ Sandwich on WG Club Roll Marinara Sauce & Melted Mozzarella Steamed Green Beans Roasted Garbanzos Fresh Pear	Build Your Own Burger or Chicken Patty ²⁴ Beef Burger or Plain/Spicy Chicken Patty Cheese, Lettuce, Pickle, Onion, Jalapenos Spicy Waffle Fries Fresh Apple	Homemade Mac & Cheese ²⁵ WG Dinner Roll Roasted Broccoli & Cauliflower Fresh Orange	Brunch For Lunch ²⁶ WG Pancakes, Pork Sausage, Maple Syrup, Hash Browns Steamed Carrots Cinnamon Pears	Specialty Pizzas ²⁷ Veggie, Bacon & Chicken w Ranch or Buffalo Chicken Romain Salad Fresh Banana
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Menus are subject to change.



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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