



# March 2026

## Eastchester High School LUNCH MENU

[3-2/3-6]



<b>HOT LINE</b>
<b>GRILL</b>
<b>DELI/ MTO SALAD Bar</b>
<b>ACAI/ SMOOTHIE BAR</b>
<b>Grab-N-Go/ Homemade Soup</b>

MON	TUES	WED	THURS	FRI
Taco Bar Chicken Or Beef Rice and Beans Lettuce, Cheddar Cheese, Salsa and Sour Cream Melon wedge	Grilled Chicken Filet Bacon, Ranch WG Bun Garden Salad Sweet Potatoes Apple Juice	Baked Ziti Dinner Roll Green Beans Red Pepper Strips Green Apple	Chicken Teriyaki Bowl Brown Rice Cabbage/Carrot/Kale Mix Edamame Orange	Meatball Bar Pasta or Wedge Roasted Broccoli Celery /Carrot Sticks Pineapple
Chicken/ Cheese Or Beans Quesadilla	Grilled Cheese  Chicken/ Cheese Quesadilla	Chicken/ Cheese Or Beans Quesadilla	Grilled Cheese  Chicken/ Cheese Quesadilla	Chicken/Cheese or Beans Quesadilla
Turkey and Cheese  Caesar Salad	Ham Swiss and Arugula  MTO Salad Bar	<b>NEW at the Deli !!!</b>  <b>MTO Chicken Cutlet</b>	Chicken Caesar Wrap  Greek Salad	<b>NEW at the Salad Bar!!</b>  <b>MTO Pasta Salad</b>
Freshly Made Fruit Smoothies Strawberries/Banana Mixed Berries Pineapple	Acai Bowl Toppings: Fruit of your Choice Granola ,Chia seeds Chia/ Flax Seeds Honey	Freshly Made Fruit Smoothies Strawberries/ Banana Mixed Berries Pineapple	Acai Bowl Toppings: Fruit of your Choice Granola Chia/ Flax seeds Honey	Freshly Made Fruit Smoothies Strawberries/Banana Mixed Berries Pineapple
Sausage and Peppers  Chicken Noodle Soup	Chicken Dumpling Rice  Nacho Bowl	Sausage And Peppers Wedge  Spit Peas Soup	Pizza Flat Bread  Cinnamon Roll	Grilled Vegetable Panini  Minestrone Soup

**FREE MEAL INCLUDES:**  
**Fruit/Vegetable:** Fresh fruits Basket , vegetables of the day and Baby Carrot available daily  
**Milk:** Hormone/Antibiotic Free Skim, 1%, Whole, and Low-Fat Chocolate,  
**Juice:** 100% Fruit Juice

**Deli Bar: MTO**  
 Boars Head Ham, Turkey, Salami, Buffalo Chicken, Breaded or Grilled Chicken, Tuna Salad, American, Cheddar, Provolone, Swiss and Pepperjack Cheese  
**Bread:** Variety bread Selection Bagel/Roll- Cream Cheese or Butter

**Premade Salads Meals**  
**Pizza Meal:** Cheese or Pepperoni or specialty Pizza  
**Salad Bar: MTO**  
**Grill Meal:** Burger/Cheeseburger, Chicken Patty on WG Roll

**A La Carte items:**  
 Yogurt Parfait w/ Fresh Fruit topping and Granola/Overnight Oats  
 Fresh Fruit cup 9oz  
 Variety of Healthy Snacks  
 Variety of Gluten Free and Low Sugar Cereal

**Gluten Free Options Available**  
**Local Farm Fruit and Vegetables Based on Availability**  
**Non-High Fructose Corn Syrup**

Menus are subject to change.

**aramark**  
 STUDENT NUTRITION

This institution is an equal opportunity providers