

APRIL 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
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schools.org

PQ Elementary Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31 Spring Break		2 WELCOME BACK TO SCHOOL	3 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
6 Whole Grain Bagel with Cream Cheese Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	7 Strawberry Yogurt with Graham Crackers Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	8 Whole Grain Cereal Bar & Cheese Stick Orange Wedges 8oz Milk 1% or Skim Milk 100% Fruit Juice	9 Whole Grain Cereal Bowl & Cheese Stick Apple Slices 8oz Milk 1% or Skim Milk 100% Fruit Juice	10 Whole Grain Muffin & Cheese Stick Clementine 8oz Milk 1% or Skim Milk 100% Fruit Juice
13 Whole Grain Bagel with Cream Cheese Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	14 Strawberry Yogurt with Graham Crackers Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	15 Whole Grain Cereal Bar & Cheese Stick Banana 8oz Milk 1% or Skim Milk 100% Fruit Juice	16 Whole Grain Cereal Bowl & Cheese Stick Strawberry 8oz Milk 1% or Skim Milk 100% Fruit Juice	17 Whole Grain Muffin & Cheese Stick Apple Sauce Cup 8oz Milk 1% or Skim Milk 100% Fruit Juice
20 Whole Grain Bagel with Cream Cheese Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	21 Strawberry Yogurt with Graham Crackers Clementine 8oz Milk 1% or Skim Milk 100% Fruit Juice	22 Whole Grain Cereal Bar & Cheese Stick Apple Slices 8oz Milk 1% or Skim Milk 100% Fruit Juice	23 Whole Grain Cereal Bowl & Cheese Stick Strawberry 8oz Milk 1% or Skim Milk 100% Fruit Juice	24 Whole Grain Muffin & Cheese Stick Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice
27 Whole Grain Bagel with Cream Cheese Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	28 Strawberry Yogurt with Graham Crackers Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	29 Whole Grain Cereal Bar & Cheese Stick Orange Wedges 8oz Milk 1% or Skim Milk 100% Fruit Juice	30 Whole Grain Cereal Bowl & Cheese Stick Banana 8oz Milk 1% or Skim Milk 100% Fruit Juice	1 Whole Grain Muffin & Cheese Stick Clementine 8oz Milk 1% or Skim Milk 100% Fruit Juice

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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
<p>30</p> <p>All Complete Meals Must Include a Choice of: Fresh Fruit/Vegetable or 100% Juice</p> <p>And May Include: 1% Low Fat Milk or Skim Milk</p>	<p>31</p> <p>Spring Break</p>	<p>1</p>	<p>2</p> <p>Food Service Director Kaycee Czyzak foodservice@northsaleschools.org 914-669-5414 ext 2030</p>	<p>3</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>
<p>6</p> <p>WG Chicken Tenders with Breadstick Or Chicken & Cheese WG Quesadilla Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice</p>	<p>7</p> <p>WG Pasta with Marinara Sauce & Breadstick or Grilled Cheese WG Bread Romaine Salad Steamed Green Beans Fresh Orange Wedges 8oz Milk 100% Fruit Juice</p>	<p>8</p> <p>Nachos Ground Beef, Tortilla Chips, Shredded Cheddar, Salsa Or Turkey Hot Dog On WG Bun Garbanzo Beans Red Pepper Strips Fresh Pear 8oz Milk 100% Fruit Juice</p>	<p>9</p> <p>Brunch For Lunch WG Waffles & Turkey Sausage Or WG Mini Corn Dogs Tater Tots Celery Sticks Fresh Strawberries 8oz Milk 100% Fruit Juice</p>	<p>10</p> <p>Fresh Baked WG Cheese or Pork Pepperoni Pizza Romaine Salad Baby Carrots Clementine 8oz Milk 100% Fruit Juice</p>
<p>13</p> <p>WG Chicken Nuggets with Breadstick Or Pizza Crunchers Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice</p>	<p>14</p> <p>Beef or Cheeseburger on WG Bun Or Chicken Patty on WG Bun Roasted Butternut Squash BBQ Vegetarian Beans Fresh Orange 8oz Milk 100% Fruit Juice</p>	<p>15</p> <p>Macaroni & Cheese with WG Breadstick or WG Bean Burrito Roasted Broccoli Cucumber Slices Fresh Pear 8oz Milk 100% Fruit Juice</p>	<p>16</p> <p>Brunch For Lunch WG French Toast Sticks & Turkey Sausage Or Grilled Cheese WG Bread Baked Sweet Potato Fries Red Pepper Strips Fresh Banana 8oz Milk 100% Fruit Juice</p>	<p>17</p> <p>Fresh Baked WG Cheese or BBQ Chicken Pizza Romaine Salad Steamed Green Beans Apple Sauce Cup 8oz Milk 100% Fruit Juice</p>
<p>20</p> <p>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</p>	<p>21</p> <p>WG Spaghetti & Chicken Meatballs in Marinara Sauce Or Beef Cheeseburger On WG Bun Steamed Edamame Sautéed Zucchini Clementine 8oz Milk 100% Fruit Juice</p>	<p>22</p> <p>Tacos Seasoned Beef, WG Soft Shell Taco, Cheddar Cheese, Salsa Or WG Cheese Quesadilla Mexicali Corn Cucumber Slices Fresh Orange Wedges 8oz Milk 100% Fruit Juice</p>	<p>23</p> <p>Brunch For Lunch WG Pancakes & Turkey Sausage Or WG Mini Corn Dogs Tater Tots Celery Sticks Apple Sauce Cup 8oz Milk 100% Fruit Juice</p>	<p>24</p> <p>Fresh Baked WG Cheese or Chicken Meatball Pizza Romaine Salad Buffalo Cauliflower Fresh Pear 8oz Milk 100% Fruit Juice</p>
<p>27</p> <p>WG Chicken Tenders with Breadstick Or Cheese Stuffed WG Breadstick with Marinara Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice</p>	<p>28</p> <p>Meatball Parm Sandwich on WG Roll Or Beef or Cheeseburger on WG Bun Sweet Corn Red Pepper Strips Fresh Watermelon 8oz Milk 100% Fruit Juice</p>	<p>29</p> <p>Orange Chicken WG Popcorn Chicken with Orange Asian Sauce Or WG Cheese Quesadilla Roasted Broccoli Black Beans Fresh Pear 8oz Milk 100% Fruit Juice</p>	<p>30</p> <p>Brunch For Lunch WG Waffles & Turkey Sausage Or Grilled Cheese WG Bread Tater Tots Celery Sticks Fresh Strawberries 8oz Milk 100% Fruit Juice</p>	<p>1</p> <p>Fresh Baked WG Cheese or Pork Pepperoni Pizza Romaine Salad Steamed Green Beans Clementine 8oz Milk 100% Fruit Juice</p>

JOLLY GREENS

Great for the body and mind, most green fruits and veggies—including broccoli, cucumbers, granny smith apples, and green peppers—contain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

DISCOVER : KIWI

Not to be confused with the bird or New Zealanders, tangy kiwis are coming to the menu this month. In season during the winter, these juicy berries are packed with vitamin C, fiber, and antioxidants



CELERY:

Filled with vitamins, fiber, & antioxidants
Peak Season: Apr. – Dec.

SPINACH: Hearty dose of protein, calcium, & potassium
Peak Season: Mar – Jun.



AVOCADO: Packed with vitamins, phytonutrients, & minerals
Peak Season: Apr. – Mar.

CHALLENGE OF THE MONTH: SPOT THE DIFFERENCE

Circle the difference between each pair below. There are four difference for each pair. How fast can you find them?



BROCCOLI



APPLE



ACE'S RECIPE OF THE MONTH:

THAI COCONUT & BROCCOLI SOUP*

Serves 4

INGREDIENTS:

- 1/3 cup green curry paste
- 1 (13.5-ounce) can coconut milk
- 3 cups water
- Sea salt and cracked black pepper to taste
- 1 pound broccoli florets, chopped
- 2 cups baby spinach leaves, plus more to serve
- 2 cups cilantro leaves
- 2 scallions, shredded
- Crispy shallots or onions, to serve

PREPARATION:

1. Place curry paste in a medium saucepan over medium heat and cook, stirring, for one minute.
2. Add the coconut milk, water, salt, and pepper and bring to a boil.
3. Add the broccoli, cover, and cook for 10 minutes or until the broccoli is tender.
4. Remove from the heat and add the spinach leaves and half the cilantro.
5. Using an immersion blender, blender, or processor, blend the soup until smooth.
6. Divide among serving bowls and top with the extra spinach, remaining cilantro, scallions, and shallots.

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