

MAY 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



PQ Elementary Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Bagel with Cream Cheese ⁴ Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	Strawberry Yogurt with Graham Crackers ⁵ Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bar & Cheese Stick ⁶ Orange Wedges 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bowl & Cheese Stick ⁷ Apple Slices 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Muffin & Cheese Stick ⁸ Clementine 8oz Milk 1% or Skim Milk 100% Fruit Juice
Whole Grain Bagel with Cream Cheese ¹¹ Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	Strawberry Yogurt with Graham Crackers ¹² Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bar & Cheese Stick ¹³ Banana 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bowl & Cheese Stick ¹⁴ Strawberry 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Muffin & Cheese Stick ¹⁵ Apple Sauce Cup 8oz Milk 1% or Skim Milk 100% Fruit Juice
Whole Grain Bagel with Cream Cheese ¹⁸ Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	Strawberry Yogurt with Graham Crackers ¹⁹ Clementine 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bar & Cheese Stick ²⁰ Apple Slices 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bowl & Cheese Stick ²¹ Strawberry 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Muffin & Cheese Stick ²² Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice
²⁵ 	Strawberry Yogurt with Graham Crackers ²⁶ Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bar & Cheese Stick ²⁷ Orange Wedges 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bowl & Cheese Stick ²⁸ Banana 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Muffin & Cheese Stick ²⁹ Clementine 8oz Milk 1% or Skim Milk 100% Fruit Juice
<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Apply online @ www.aramark.com</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>Food Service Director Kaycee Czyzak foodservice@northsalemsschools.org 914-669-5414 ext 2030</p>

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>4</p> <p>Mac & Cheese With WG Dinner Roll Or Turkey Hot Dog on WG Bun Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice</p>	<p>5</p> <p>WG Mozzarella Stuffed Breadstick or Grilled Cheese WG Bread Romaine Salad Steamed Green Beans Fresh Orange Wedges 8oz Milk 100% Fruit Juice</p>	<p>6</p> <p>Nachos Ground Beef, Tortilla Chips, Shredded Cheddar, Salsa Or WG Cheese Quesadilla Garbanzo Beans Red Pepper Strips Fresh Pear 8oz Milk 100% Fruit Juice</p>	<p>7</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>8</p> <p>Fresh Baked WG Cheese or Pork Pepperoni Pizza Romaine Salad Baby Carrots Clementine 8oz Milk 100% Fruit Juice</p>
<p>11</p> <p>WG Chicken Nuggets with Breadstick Or Pizza Crunchers Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice</p>	<p>12</p> <p>Beef or Cheeseburger on WG Bun Or Chicken Patty on WG Bun Roasted Zucchini BBQ Vegetarian Beans Fresh Orange 8oz Milk 100% Fruit Juice</p>	<p>13</p> <p>Gen Tso Chicken with Egg Fried Rice or WG Bean & Cheese Burrito Roasted Broccoli Cucumber Slices Fresh Pear 8oz Milk 100% Fruit Juice</p>	<p>14</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>15</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>18</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>19</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>20</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>21</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>22</p> <p>Fresh Baked WG Cheese or Chicken Meatball Pizza Romaine Salad Steamed Cauliflower Fresh Pear 8oz Milk 100% Fruit Juice</p>
<p>25</p>	<p>26</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>27</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>28</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>29</p> <p>Fresh Baked WG Cheese or Pork Pepperoni Pizza Romaine Salad Steamed Green Beans Clementine 8oz Milk 100% Fruit Juice</p>
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BECAUSE OF BLUE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, they also may offer anti-inflammatory and anti-viral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blackberries, and elderberries.

DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries in the cafeteria this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



BLUE POTATOES: Loaded with protein, fiber, & copper
Peak Season: Aug.-Sep.

BLUE TOMATOES: Hearty dose of anthocyanins, lycopene, & vitamin C
Peak Season: Jul.-Sep.



BLUE CORN:
Bursting with anthocyanin & protein
Peak Season: Oct. - Nov.

CHALLENGE OF THE MONTH: HYDRATING WITH INFUSED WATER

Stay hydrated this summer by making your own infused water. Experiment by mixing different fruits and veggies. Check out our recipes for inspiration.



STRAWBERRY + KIWI + LIME

WATERMELON + CUCUMBER + MINT



ACE'S RECIPE OF THE MONTH:

BERRY YUMMY FRUIT SALAD*

Serves 6



INGREDIENTS:

- 1 1/2 cups raspberries
- 1 1/2 cups blueberries
- 1 1/2 cups strawberries, hulled and halved
- 1 1/2 cups blackberries
- 1/4 cup honey
- 2 tablespoons lime juice
- 2 teaspoons poppy seeds
- Mint sprigs and lime wedges for garnish (optional)

PREPARATION:

1. Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
2. In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
3. Pour the honey mixture over the berries and toss gently to coat.
4. Serve immediately, or cover and refrigerate for up to four hours. Garnish with mint sprigs and lime wedges if desired.



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