



May 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, Pillsbury & Eggo Grab & Go Hot Breakfast

Assorted Fresh Fruit & Fruit Cups

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.™

	MON	TUES	WED	THURS	FRI
	4 Bacon (Pork), Egg & Cheese On Whole Grain English Muffin Fresh Orange Fruit Juice 8oz Milk	5 Whole Grain Pancakes w/Maple Syrup Blueberries Fruit Juice 8oz Milk	6 Strawberry Yogurt Parfait Graham Crackers Apple Juice 8 oz milk	7 Whole Grain Waffle Turkey Sausage Maple Syrup Orange Juice 8 oz Milk	8 Whole Grain Bagel With Butter or Cream Cheese Fresh Banana Fruit Juice 8oz Milk
	11 Whole Grain Waffle, Turkey Sausage Maple Syrup Fresh Pear Fruit Juice 8oz Milk	12 Turkey Sausage, Egg & Cheese on WG Kaiser Roll Fresh Apple Fruit Juice 8oz Milk	13 Whole Grain Bagel With Butter Or Cream Cheese Chilled Peach Slices Fruit Juice 8oz Milk	14 French Toast Sticks Maple Syrup Fresh Apple Fruit Juice 8 oz Milk	15 Sausage (Turkey) Egg & Cheese On Whole Grain Bagel Fresh Strawberries Fruit Juice 8oz Milk
	18 Bacon (Pork), Egg & Cheese On Whole Grain English Muffin Fresh Orange Fruit Juice 8oz Milk	19 Whole Grain Pancakes w/Maple Syrup Blueberries Fruit Juice 8oz Milk	20 Strawberry Yogurt Parfait Graham Crackers Apple Juice 8 oz milk	21 Whole Grain Waffle Turkey Sausage Maple Syrup Orange Juice 8 oz Milk	22 Whole Grain Bagel With Butter or Cream Cheese Fresh Banana Fruit Juice 8oz Milk
	MEMORIAL DAY REMEMBER AND HONOR 	26 Whole Grain Bagel with Butter or Cream Cheese Fresh Banana Apple Juice 8 Oz Milk	27 Sausage (Turkey) Egg & Cheese On Whole Grain Bagel Fresh Strawberries Fruit Juice 8oz Milk	28 Strawberry Yogurt Parfait Graham Crackers Apple Juice 8 oz milk	29 Whole Grain Cinnamon Donut Fresh Apple Fruit Juice 8oz Milk

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, Spicy Chicken Patty with Cheese on WG Roll, Cheeseburger on WG Roll, Chicken Nuggets with WG Bread Roll, Yogurt Parfait w Granola, Peanut Butter & Jelly on WG Bread



May 2026

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
<p>⁴ Gen Tso Chicken WG Popcorn Chicken, Vegetable Fried Rice Peas & Carrots Steamed Edamame Fresh Clementine</p>	<p>⁵ Chicken Tacos Seasoned Chicken, Soft Shell Tortillas, Salsa, Shredded Cheddar, Guacamole, Sour Cream Spicy Cauliflower Fresh Pear</p>	<p>⁶ The Max Sticks WG Mozzarella Stuffed Breadsticks Marinara Dipping Sauce Spicy Waffle Fries Romaine Garden Salad Apple Slices</p>	<p>⁷ Brunch For Lunch Homemade French Toast Turkey Sauge, Maple Syrup, Berry Compote Hash Browns Fresh Strawberries</p>	<p>⁸ Swedish Meatballs Chicken Meatballs with Gravy over Mashed Potatoes Sauteed Green Beans Fresh Orange</p>
<p>¹¹ Creamy Mac & Cheese WG Pasta & Dinner Roll Roasted Broccoli Sweet Corn Fresh Orange</p>	<p>¹² Beef Burrito Seasoned Ground Beef, Beans & Rice in WG Tortilla Roasted Garbanzo Beans Fresh Banana</p>	<p>¹³ Chicken Stir Fry Seasoned Chicken Sauteed Peppers & Onion over WG Rice Romaine Garden Salad Fresh Apple Slices</p>	<p>¹⁴ Brunch For Lunch Homemade Pancakes, Scrambled Eggs & Ham, Maple Syrup, Hash Browns Steamed Carrots Fresh Strawberries</p>	<p>¹⁵ Chicken Wing Bar Boneless Wings Choice of BBQ or Spicy Buffalo Celery & Carrot Sticks Ranch Dipping Sauce Spicy Waffle Fries Fresh Pear</p>
<p>¹⁸ BBQ Pulled Pork Sandwich WG Bun Siracha Coleslaw Buffalo Cauliflower Fresh Apple</p>	<p>¹⁹ Chicken Fajitas Seasoned Chicken Sauteed Peppers & Onions in WG Tortilla Sauteed Zucchini Spicy Corn Fresh Orange</p>	<p>²⁰ Meatball Parm Sandwich on WG Club Roll Marinara Sauce & Melted Mozzarella Steamed Green Beans Fresh Pear</p>	<p>²¹ Brunch For Lunch Homemade French Toast Turkey Sauge, Maple Syrup, Hash Browns Fresh Strawberries</p>	<p>²² Orange Chicken WG Boneless Chicken With Egg Fried Rice Steamed Carrots Roasted Edamame Fresh Apple</p>
<p>²⁵ </p>	<p>²⁶ Beef Nachos Seasoned Ground Beef, Tostito Chips, Salsa, Shredded Cheddar, Salsa, Sour Cream Black Beans Fresh Clementines</p>	<p>²⁷ "KFC" Popcorn Chicken Bowl WG Popcorn Chicken, Mashed Potatoes, Sweet Corn, Brown Gravy Fresh Apple</p>	<p>²⁸ Brunch For Lunch Homemade Pancakes, Cheesy Scrambled Eggs, Maple Syrup, Hash Browns Fresh Banana</p>	<p>²⁹ Bolognese Pasta WG Pasta with Meat Sauce & WG Dinner Roll Romain Garden Salad Sauteed Carrot Coins Fresh Orange</p>

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Spring Break

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

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