aramark STUDENT NUTRITION

SEPTEMBER 2026



Daily Offerings:
Whole Grain Mini Waffle, Pancakes, Cini Minis, Apple Frudel

Variety of Whole Grain Muffins with Cheese Stick

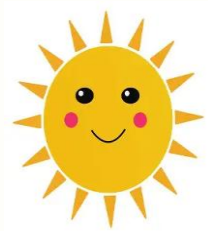
Variety of Whole Grain/Reduced Sugar Cereal Bars with Cheese Stick

Whole Grain Bagel Breakfast

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
	1 **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**	2 	3 Whole Grain Mini Waffles Fresh Apple 8oz Milk1% or Skim Milk 100% Fruit Juice	4 Whole Grain Muffin & Cheese Stick Fresh Pear 8oz Milk1% or Skim Milk 100% Fruit Juice
7 	8 Whole Grain Mini Cinnamon Roll Fresh Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	9 Whole Grain Cereal Bar & Cheese Stick Fresh Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	10 Whole Grain Mini Waffles Fresh Banana 8oz Milk1% or Skim Milk 100% Fruit Juice	11 Whole Grain Muffin & Cheese Stick Apple Sauce Cup 8oz Milk1% or Skim Milk 100% Fruit Juice
14 Whole Grain Bagel with Cream Cheese Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	15 Whole Grain Mini Cinnamon Roll Fresh Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	16 Whole Grain Cereal Bar & Cheese Stick Fresh Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	17 Whole Grain Mini Waffles Fresh Banana 8oz Milk1% or Skim Milk 100% Fruit Juice	18 Whole Grain Muffin & Cheese Stick Apple Sauce Cup 8oz Milk1% or Skim Milk 100% Fruit Juice
21 **Schools Closed Religious Observance**	22 Whole Grain Mini Cinnamon Roll Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	23 Whole Grain Cereal Bar & Cheese Stick Fresh Clementine 8oz Milk 1% or Skim Milk 100% Fruit Juice	24 Whole Grain Mini Waffles Fresh Orange 8oz Milk1% or Skim Milk 100% Fruit Juice	25 Whole Grain Muffin & Cheese Stick Fresh Pear 8oz Milk1% or Skim Milk 100% Fruit Juice
28 Whole Grain Bagel with Cream Cheese Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	29 Whole Grain Mini Cinnamon Roll Fresh Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	30 Whole Grain Cereal Bar & Cheese Stick Fresh Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice		**Food Service Director** **Kaycee Czyzak** **foodservice@ northsalemschools.org** **914-669-5414 ext 2030**

This institution is an equal opportunity provider.

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

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Alternate Meals Also Available:

Sandwich Meal
Boar's Head Turkey or Ham (pork) & Cheese, Sunbutter & Jelly, Cheese Sandwich on Whole Grain Bread

Salad Meal
Lettuce, Cucumber, Tomato, Carrot, Diced Chicken or Cheese, Whole Grain Roll

Bagel Meal
Whole Grain Bagel, Cheese Stick, Strawberry Yogurt

Parfait Meal
Vanilla Yogurt 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
All Complete Meals Must Include a Choice of: Fresh Fruit/Vegetable or 100% Juice **And May Include:** 1% Low Fat Milk or Skim Milk	1 **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**	2 	3 **WG Chicken Tenders with Breadstick Or Chicken or WG Cheese Quesadilla** Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice	4 **Fresh Baked WG Cheese or Pork Pepperoni Pizza** Romaine Salad Steamed Green Beans Fresh Pear 8oz Milk 100% Fruit Juice
7 	8 **WG Pasta with Marinara Sauce & Breadstick or Grilled Cheese WG Bread** Red Pepper Strips Roasted Broccoli Fresh Orange Wedges 8oz Milk 100% Fruit Juice	9 **Nachos** **Ground Beef, Tortilla Chips, Shredded Cheddar, Salsa Or Turkey Hot Dog On WG Bun** Roasted Garbanzo Beans Mexicali Corn Fresh Pear 8oz Milk 100% Fruit Juice	10 **Brunch For Lunch** **WG Waffles & Turkey Sausage Or WG Mini Turkey Corn Dogs** Tater Tots Celery Sticks Fresh Banana 8oz Milk 100% Fruit Juice	11 **Fresh Baked WG Cheese or BBQ Chicken Pizza** Romaine Salad Steamed Green Beans Apple Sauce Cup 8oz Milk 100% Fruit Juice
14 **WG Popcorn Chicken with Breadstick Or Pizza Crunchers** Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice	15 **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	16 **Macaroni & Cheese with WG Breadstick or WG Cheese Quesadilla** Roasted Broccoli Cucumber Slices Fresh Pear 8oz Milk 100% Fruit Juice	17 **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	18 **Fresh Baked WG Cheese or Chicken Meatball Pizza** Romaine Salad Buffalo Cauliflower Fresh Strawberry 8oz Milk 100% Fruit Juice
21 **Schools Closed Religious Observance**	22 **WG Spaghetti & Chicken Meatballs in Marinara Sauce Or Beef Cheeseburger On WG Bun** Steamed Cauliflower Clementine 8oz Milk 100% Fruit Juice	23 **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	24 **Brunch For Lunch** **WG Pancakes & Turkey Sausage Or WG Mini Corn Dogs** Tater Tots Celery Sticks Apple Sauce Cup 8oz Milk 100% Fruit Juice	25 **Fresh Baked WG Cheese or Pork Pepperoni Pizza** Romaine Salad Baby Carrots Clementine 8oz Milk 100% Fruit Juice
28 **WG Chicken Tenders with Breadstick Or Cheese Stuffed WG Breadstick with Marinara** Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice	29 **Meatball Parm Sandwich on WG Roll Or Beef or Cheeseburger on WG Bun** Sweet Corn Red Pepper Strips Fresh Pear 8oz Milk 100% Fruit Juice	30 **Orange Chicken** **WG Popcorn Chicken with Orange Asian Sauce Or WG Cheese Quesadilla** Roasted Broccoli Black Beans Fresh Orange 8oz Milk 100% Fruit Juice		**Food Service Director** **Kaycee Czyzak** **foodservice@ northsalemschools.org** **914-669-5414 ext 2030**

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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

ANSWERS: Apple: stem, eye lashes, spots, cheek; Broccoli: flowery head, stem, glasses, tongue

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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.**