September 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 Or Skim 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@
northsalemschools.org
914-669-5415 ext:2030

Powering potential.

MON	TUES	WED	THURS	FRI
	1	2 Welcome Back to School	3 Whole Grain Bagel with Butter or Cream Cheese Fresh Banana 100% Fruit Juice 8 Oz Milk	4 Bacon (Pork), Egg & Cheese On Whole Grain Kaiser Roll Fresh Pear 100% Fruit Juice 8oz Milk
7 HAPPY LABOR Day	8 Sauage (Pork), Egg & Cheese on Whole Grain Kaiser Roll Fresh Orange 100% Fruit Juice 8oz Milk	9 Whole Grain French Toast Sticks w Maple Syrup Fresh Pear 100% Fruit Juice 8oz Milk	10 Vanilla Yogurt & Fresh Fruit Parfait Graham Crackers Fresh Banana 100% Fruit Juice 8 oz milk	11 Bacon (Pork), Egg & Cheese On Whole Grain Bagel Apple Sauce Cup 100% Fruit Juice 8oz Milk
14 Whole Grain Bagel with Butter or Cream Cheese Fresh Apple 100% Fruit Juice 8 Oz Milk	15 Sausage (Pork), Egg & Cheese On Whole Grain Bagel Fresh Orange 100% Fruit Juice 8oz Milk	16 Whole Grain French Toast Sticks w Maple Syrup Fresh Pear 100% Fruit Juice 8oz Milk	17 Vanilla Yogurt & Fresh Fruit Parfait Graham Crackers Fresh Banana 100% Fruit Juice 8 oz milk	18 Bacon (Pork), Egg & Cheese On Whole Grain Wrap Apple Sauce Cup 100% Fruit Juice 8oz Milk
21 **Schools Closed Religious Observance**	22 Sauage (Pork), Egg & Cheese on Whole Grain Kaiser Roll Fresh Apple 100% Fruit Juice 8oz Milk	23 Whole Grain French Toast Sticks w Maple Syrup Fresh Pear 100% Fruit Juice 8oz Milk	24 Vanilla Yogurt & Fresh Fruit Parfait Graham Crackers Fresh Orange 100% Fruit Juice 8 oz milk	25 Bacon (Pork), Egg & Cheese On Whole Grain Kaiser Roll Apple Sauce Cup 100% Fruit Juice 8oz Milk
28 Whole Grain Bagel With Butter or Cream Cheese Fresh Apple 100% Fruit Juice 8oz Milk	29 Sausage (Pork), Egg & Cheese On Whole Grain Bagel Fresh Pear 100% Fruit Juice 8oz Milk	30 Whole Grain French Toast Sticks w Maple Syrup Fresh Orange 100% 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

aramark STUDENT NUTRITION

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, Assorted Toppings & Dressings

MTO Salads
Romaine or Spring Mix Assorted Toppings & Dressings

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

Powering potential.™

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Adult Breakfast: $3.05 +tax
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September 2026

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LUNCH MENU

Variety of Seasonal Fruit & Vegetables Offered Daily
100% Fruit Juice, 1% Fat Free, Skim, or Chocolate Milk

MON	TUES	WED	THURS	FRI
	1	2	3 **The Max Sticks** WG Mozzarella Stuffed Breadsticks Marinara Dipping Sauce Spicy Waffle Fries Fresh Garden Salad Fresh Apple	4 **Chicken Lo Mein** WG Lo Mein Noodle & Grilled Chicken with WG Dinner Roll Roasted Edamame & Broccoli Fresh Orange
7	8 **Meatball Parm** Sandwich on WG Club Roll Marinara Sauce & Melted Mozzarella Steamed Green Beans Roasted Garbanzos Fresh Pear	9 **Chicken Fajitas** Seasoned Chicken Sauteed Peppers & Onions in WG Tortilla Sauteed Zucchini Spicy Corn Fresh Banana	10 **Brunch For Lunch** Homemade French Toast Turkey Sauage, Maple Syrup Hash Browns Fresh Strawberries & Orange Slices	11 **Creamy Mac & Cheese** WG Dinner Roll Roasted Broccoli Sweet Corn Fresh Apple
14 **Crispy Chicken Snack Wrap** Chicken Tenders in WG Wrap, Cheddar Cheese, Shredded Lettuce, Diced Tomatoes & Onion Chipotle Mayo Fresh Clementine	15 **Pesto Chicken Flatbread** WG Flatbread, Diced Chicken, Fresh Basil, Zucchini, Red Pepper, Onion, Mozzarella Cheese & Pesto with Marinara Dipping Sauce	16 **Beef Burrito** Seasoned Ground Beef, Beans & Rice in WG Tortilla Roasted Garbanzo Beans Fresh Banana	17 **Brunch For Lunch** Homemade Pancakes, Turkey Sausage, Maple Syrup Hash Browns Fresh Strawberries & Orange Slices	18 **Gen Tso Chicken** WG Popcorn Chicken, Vegetable Fried Rice Peas & Carrots Steamed Edamame Fresh Clementine
21 **Schools Closed Religious Observance**	22 **WG Pasta** with Chicken Meatballs in Marinara & WG Dinner Roll Romain Garden Salad Sauteed Carrot Coins Fresh Pear	23 **Beef Nachos** Seasoned Ground Beef, Tostito Chips, Salsa, Shredded Cheddar, Salsa, Sour Cream Black Beans Roasted Garbanzo Beans Fresh Apple	24 **Brunch For Lunch** Homemade French Toast Turkey Sauage, Maple Syrup Hash Browns Fresh Strawberries & Orange Slices	25 **Chicken Wing Bar** Boneless Wings Choice of BBQ or Spicy Buffalo Celery & Carrot Sticks Ranch Dipping Sauce Spicy Waffle Fries Fresh Banana
28 **Chicken Parmesan** WG Chicken With Marinara Sauce & Melted Mozzarella WG Dinner Roll Sauteed Green Beans Freh Apple	29 **"KFC" Popcorn Chicken Bowl** WG Popcorn Chicken, Mashed Potatoes, Sweet Corn, Brown Gravy Fresh Apple	30 **Orange Chicken** WG Boneless Chicken With Egg Fried Rice Roasted Green Beans & Edamame Fresh Orange		

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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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