

OCTOBER

WHITE PLAINS HIGH SCHOOL LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Alternate Lunch Options: Fruit & Yogurt Parfait, Entrée Salads: Chef, Garden Salad with Chicken or Cheese Pizza, Assorted Grab & Go Wraps & Sandwiches and Made to Order Deli/Salad Bar Available Daily and Offered with EVERY MEAL: NY Local Whole Apple; Clementines, 100% Fruit Juice Fresh Toppings Bar: Carrots, Cucumbers, Tomatoes, Chickpea Salad, Peppers & Corn Milk Choice, White 2%, Fat Free White or Fat Free Chocolate		 Pumpkin & Apples 	1 Crispy Chicken Tenders or Vegetarian Nuggets Served with Steamed Rice Chickpea Masala Fresh Cut Melon & Raisins <i>~Emergency Dismissal Drill~</i>	2 Chopped Cheese Sandwich Seasoned Fries Clementines Applesauce Toasted Pumpkin Seeds
5 Cheesy Stuffed Breadsticks served with Marinara Sauce Seasoned Mixed Vegetables NY State Apple Raisins	6 Meatball (Beef) Parm Wedge or Vegetarian Nuggets w/ Roll Seasoned Green Beans Fresh Pineapple Applesauce	7 Chicken & Waffles Chicken Drumstick or Vegetarian Nuggets Served with Waffle Sticks & Syrup Cinnamon Sugar Chickpeas NY Apple Slices & 100% Fruit Juice	8 Beef & Bean Chili Or Bean Chili Served with Corn Bread Crispy Tater Tots NY Apple Slices 100% Fruit Juice	9 *Flame Grilled Burger Bar* Beef or Veggie on WG Bun with or without Cheese Tomato, Onion Pickles & Jalapeno Sweet Potato Fries Clementines & Applesauce
12 Columbus Day Indigenous People's Day SCHOOLS & OFFICES CLOSED	13 Taco Rice Bowl Seasoned Beef or Fiesta Beans Served with Tortilla Chips Corn Salad Assorted Toppings Clementines & Applesauce	14 French Toast Sticks w/ Syrup Turkey or Vegetarian Sausage Hash Browns NY Apple Slices & 100% Fruit Juice *National Dessert Day* Free Treat with each lunch!	15 Cheese Lasagna Roll Up Garlic Texas Toast Spinach Salad Whole NY State Apple Raisins	16 Chipotle Braised Chicken Bowl Or Vegetarian Nuggets with Roll Cilantro Lime Rice In-house Sofrito Black Beans Toasted Pumpkin Seeds Clementines & Applesauce
19 Crispy Mozzarella Sticks Served with Marinara Sauce Creamy Pasta Primavera Buttered Peas NY State Apple Raisins	20 NY State Pasta w/ Meat Sauce or Marinara Served with Garlic Texas Toast Toppings: Pickles, Ketchup Seasoned Mixed Vegetables Clementines & Applesauce	21 Pancake Bites w/ Syrup Turkey or Vegetarian Sausage Served with Syrup Maple Glazed Carrots NY State Apple Slices 100% Fruit Juice	22 Crispy Chicken Tenders or Vegetarian Nuggets Served with Steamed Rice Chickpea Masala Whole NY State Apple Raisins	23 Chopped Cheese Sandwich Seasoned Fries Fresh Grapes Applesauce
26 NY Pasta w/ Pink Sauce Meatballs or Vegetarian Nuggets NY Style Garlic Knot Garlic Broccoli NY State Apple Raisins	27 General Tso's Chicken or Vegetarian Nuggets Veggie Fried Rice Veggie Egg Roll Steamed Edamame Clementines & Applesauce	28 Chicken & Waffles Chicken Drumstick or Vegetarian Nuggets Served with Waffle Sticks & Syrup Roasted Butternut Squash NY Apple Slices & 100% Fruit Juice	29 Sausage (Pork) & Pepper Wedge or Vegetarian Nuggets Oven Roasted Potatoes NY State Whole Apple Raisins	30 *Flame Grilled Burger Bar* Beef or Veggie on WG Bun with or without Cheese Tomato, Onion Pickles & Jalapeno Sweet Potato Fries Clementines & Applesauce SAMPLES: Try It! Apple Cider