Centereach High School

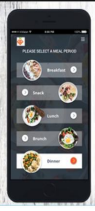
10/01/2026 - 10/02/2026

Welcome to our Lunch Cafe

MEATLESS MONDAY

2026-2027

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market				Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Whole Wheat Dinner Roll	Chicken Parmesan Over Pasta *oven baked chicken topped with sauce and melted cheese, all over pasta*
Healthy Harvest				Crispy Potato Puffs *crisp potato puffs baked to perfection* Caesar Salad Fresh Apple Fresh Orange	Steamed Broccoli Celery & Carrot Sticks w/ Low Fat Dressing Fresh Orange Fresh Banana
	Available daily: Carrots, Cucumbers, Side Salads, Apples, Oranges, Cupped Fruit and 100% Fruit Juice				
Real Meals Express				American Combo Sandwich *freshly made sandwich with thinly sliced turkey, ham and cheese*	Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola*
				e wheat dinner roll and your choice of fruit and milk	
Great American Sandwich Co.				Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*	Buffalo Chicken Wrap *warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings				
Miss Ruby's Grill	2026-2027 Free Breakfast and Lunch Meals for Students, ONE of each per school day!			Cheeseburger *burger topped with cheese on a freshly toasted bun*	Grilled Cheese Sandwich Meltdown Café *golden toasted bread with melted gooey cheese pressed and prepared in-house*
	Available Daily: Grilled Cheese, Veggie Burgers, Hamburger/Cheeseburger (T/TH), Chicken Patties and Spicy Chicken				
La Cucina				French Bread Pizza *crispy French bread smothered with tomato sauce and melted cheese*	Meatball Pizza *meatballs over a cheesy slice of pizza*
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
Coyote Grill				Ranch & Chicken Quesadilla *homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla*	Nachos with Cheese *creamy cheese layered over a bed of nachos*
	Available Daily: Nachos, Cripsy and Soft Tacos, Rice, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce,				



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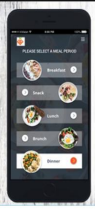
Centereach High School

10/05/2026 - 10/09/2026

Welcome to our Lunch Cafe

	Monday (Meatless Monday)	Tuesday	Wednesday	Thursday	Friday
World Market	Cheesy Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Tomato Sauce	General Tso Chicken Noodle Bowl *freshly baked chicken in a soy ginger sauce with vegetables over noodles* National Noodle Day!	Tot Spot's Philly Tater Tots *crispy tater tots topped with beef, peppers and onions and creamy cheese sauce*	BBQ Chicken Sauce & Toss *popcorn chicken glazed with BBQ sauce* French Bread	Meatball Hero *freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella*
Healthy Harvest	Oven Baked Fries *crispy fries baked to perfection* Celery Sticks Fresh Orange Fresh Banana	Steamed Broccoli Side Garden Salad Fresh Banana Fresh Apple	Green Beans Beet and Onion Salad Fresh Orange Fresh Pear HARVEST	Crispy Potato Puffs *crisp potato puffs baked to perfection* Cucumber Coins Fresh Apple Fresh Banana	Baked Beans Side Garden Salad Fresh Strawberries Fresh Orange
Real Meals Express	Garden Salad with Cheese Entree *fresh garden salad topped with cheese*	Turkey & Cheese Sandwich *freshly made and thinly sliced turkey and cheese sandwich*	Very Berry Smoothie *freshly blended mix of berries with yogurt* With Pretzel	Ham & Cheese Sandwich *freshly made and thinly sliced ham and cheese on a sandwich* (P)	American Combo Sandwich *freshly made sandwich with thinly sliced turkey, ham and cheese* (P)
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Great American Sandwich Co.	Vegan Hummus Wrap Halal *creamy hummus spread over a soft tortilla rolled up with a variety of hand sliced crispy vegetables*	Chicken Caesar Wrap *freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing*	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*	Spicy Buffalo Chickpea Wrap *freshly roasted chickpeas coated in hot sauce with freshly seasoned lettuce, tomatoes and onions in a soft wrap*	Ham & Cheese Sandwich *freshly made and thinly sliced ham and cheese on a sandwich* (P)
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable				
Miss Ruby's Grill	Spicy Chicken Sandwich *warm spicy chicken breaded cutlet prepared in-house*	NY Beef Burger *beef burger on a freshly toasted bun*	Grilled Cheese Sandwich Meltdown Café *golden toasted bread with melted gooey cheese pressed and prepared in-house*	Cheeseburger *burger topped with cheese on a freshly toasted bun*	Spicy Chicken Sandwich *warm spicy chicken breaded cutlet prepared in-house*
	Available Daily: Grilled Cheese, Veggie Burgers, Hamburger/Cheeseburger (T/TH), Chicken Patties and Spicy Chicken				
La Cucina	Pizza Bagel *melted cheese and tomato sauce on a toasted bagel, baked to perfection*	Pepperoni Pizza *cheese pizza topped with pepperoni*	French Bread Pizza *crispy French bread smothered with tomato sauce and melted cheese*	Meatball Pizza *meatballs over a cheesy slice of pizza*	Broccoli Pizza *cheese pizza topped with broccoli*
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
Coyote Grill	Nachos with Cheese *creamy cheese layered over a bed of nachos*	Crispy Tacos *homemade spicy taco meat inside a crispy taco shell topped with cheese*	Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese*	Soft Tacos *freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell*	Cheese Quesadilla *freshly grilled flour tortilla with melted cheese*
	Available Daily: Nachos, Cripsy and Soft Tacos, Rice, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce,				



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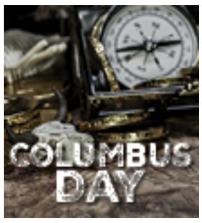
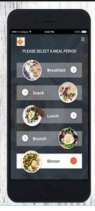
Centereach High School

10/12/2026 - 10/16/2026

Welcome to our Lunch Cafe

	Monday (Meatless Monday)	Tuesday	Wednesday	Thursday	Friday
World Market		Homemade Mac & Cheese *pasta in cheese sauce, garnished with parsley*	Chicken Lo Mein *tender chicken sauteed with vegetables and lo mein noodles*	Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Dinner Rolls	Smokehouse Burger *burger on a freshly toasted bun with BBQ sauce*
Healthy Harvest		Steamed Broccoli Beets Fresh Grapes Fresh Pear HARVEST	Green Beans Oven Baked Fries Fresh Apple Fresh Pear	Sweet Potato Fries *crispy sweet potato fries baked to perfection* Celery Sticks With Ranch Dressing Fresh Strawberries Fresh Banana	Baked Beans Oven Baked Fries Fresh Strawberries Fresh Orange
Real Meals Express		Garden Salad with Cheese Entree *fresh garden salad topped with cheese*	American Combo Sandwich *freshly made sandwich with thinly sliced turkey, ham and cheese*	Veggabol Fiesta Rice and Beans Bowl *steamed riced over seasoned black beans, corn and salsa topped with fresh lettuce, onions, peppers and cilantro*	Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola*
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Great American Sandwich Co.		Chicken Caesar Wrap *freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing*	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*	Buffalo Chicken Wrap *warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*	Turkey & Cheese Sandwich *freshly made and thinly sliced turkey and cheese sandwich*
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable				
Miss Ruby's Grill		NY Beef Burger *beef burger on a freshly toasted bun*	Spicy Chicken Sandwich *warm spicy chicken breaded cutlet prepared in-house*	Cheeseburger *burger topped with cheese on a freshly toasted bun*	Crispy Chicken Sandwich *warm crispy breaded chicken on a bun prepared in-house*
	Available Daily: Grilled Cheese, Veggie Burgers, Hamburger/Cheeseburger (T/TH), Chicken Patties and Spicy Chicken				
La Cucina		Classic Cheese Pizza *whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese*	Pizza Bagel *melted cheese and tomato sauce on a toasted bagel, baked to perfection*	Pepperoni Pizza *cheese pizza topped with pepperoni*	Buffalo Chicken Pizza *buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough*
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
Coyote Grill		Crispy Tacos *homemade spicy taco meat inside a crispy taco shell topped with cheese*	Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese*	Soft Tacos *freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell*	Chicken & Cheese Quesadilla *hand crafted grilled flour tortilla filled with juicy chicken and melty cheese*
	Available Daily: Nachos, Cripsy and Soft Tacos, Rice, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce,				



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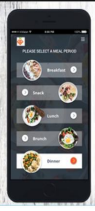
Centereach High School

10/19/2026 - 10/23/2026

Welcome to our Lunch Cafe

	Monday (Meatless Monday)	Tuesday	Wednesday	Thursday	Friday
World Market	Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* With Tomato Sauce	Whole Grain Pancakes with Sausage *light and fluffy pancakes served with a sausage patty* Homemade Pancakes	Sausage & Peppers *sweet Italian sausage with sauteed red & green peppers and onions in our homemade tomato sauce*	Honeyfire Kitchen Chicken Sandwich *freshly prepared chicken drizzled with honey fire sauce*	Smothered Tex Mex Burrito *mexi-style meat, rice folded inside a soft tortilla topped with cheese sauce*
Healthy Harvest	Steamed Broccoli Side Garden Salad Fresh Apple Fresh Banana	Crispy Potato Puffs *crisp potato puffs baked to perfection* Baby Carrots Fresh Banana Fresh Blueberries	Green Beans Caesar Salad Fresh Apple Fresh Orange	Sweet Corn Crispy Potato Puffs Fresh Apple Fresh Banana	Black Beans Sweet Potato Fries Fresh Strawberries Fresh Pear
Real Meals Express	Garden Salad with Cheese Entree *fresh garden salad topped with cheese*	Turkey & Cheese Sandwich *freshly made and thinly sliced turkey and cheese sandwich*	Veggabol Taco Bean Tortilla Bowl *seasoned beans set on top of crisp lettuce in a whole grain tortilla bowl topped with tomatoes, cucumbers and cilantro*	Ham & Cheese Sandwich *freshly made and thinly sliced ham and cheese on a sandwich*	Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola*
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Great American Sandwich Co.	Vegan Hummus Wrap Halal *creamy hummus spread over a soft tortilla rolled up with a variety of hand sliced crispy vegetables*	Chicken Caesar Wrap *freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing*	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*	Buffalo Chicken Wrap *warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*	Honey Mustard Chicken Wrap *freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing*
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable				
Miss Ruby's Grill	Grilled Cheese Sandwich Meltdown Café *golden toasted bread with melted gooey cheese pressed and prepared in-house*	NY Beef Burger *beef burger on a freshly toasted bun*	Spicy Chicken Sandwich *warm spicy chicken breaded cutlet prepared in-house*	Cheeseburger *burger topped with cheese on a freshly toasted bun*	Crispy Chicken Sandwich *warm crispy breaded chicken on a bun prepared in-house*
	Available Daily: Grilled Cheese, Veggie Burgers, Hamburger/Cheeseburger (T/TH), Chicken Patties and Spicy Chicken				
La Cucina	French Bread Pizza *crispy French bread smothered with tomato sauce and melted cheese*	Broccoli Pizza *cheese pizza topped with broccoli*	Pizza Bagel *melted cheese and tomato sauce on a toasted bagel, baked to perfection*	Pepperoni Pizza *cheese pizza topped with pepperoni*	Classic Cheese Pizza *whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese*
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
Coyote Grill	Nachos with Cheese *creamy cheese layered over a bed of nachos*	Crispy Tacos *homemade spicy taco meat inside a crispy taco shell topped with cheese*	Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese*	Soft Tacos *freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell*	Chicken & Cheese Quesadilla *hand crafted grilled flour tortilla filled with juicy chicken and melty cheese*
	Available Daily: Nachos, Cripsy and Soft Tacos, Rice, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce,				



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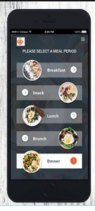
10/26/2026 - 10/30/2026

	Monday (Meatless Monday)	Tuesday	Wednesday	Thursday	Friday
World Market	Homemade Pasta & Meatballs Or Pasta with Sauce All With Homemade Garlic Bread	Tot Spot's Loaded Nacho Tater Tots *crispy tater tots topped with taco meat, cheese sauce, Pico De Gallo, sour cream and garnished with scallions*	Santa Fe Quesadilla *juicy chicken, cheese, roasted peppers and corn inside a soft tortilla wrap spread with salsa prepared in-house*	Crispy Popcorn Chicken *crispy breaded chicken bites baked to perfection* Whole Wheat Dinner Roll	Homemade Baked Pasta with Cheese *pasta topped with melted cheese, baked to perfection*
Healthy Harvest	Green Beans Oven Baked Fries Fresh Grapes Fresh Apple	Baked Beans Side Garden Salad Fresh Apple Fresh Orange	Black Beans Chilled Red Pepper Strips Fresh Orange Fresh Banana	Oven Baked Fries *crispy fries baked to perfection* Baby Carrots Fresh Orange Fresh Banana	Sweet Corn Side Garden Salad Fresh Grapes Fresh Pear
Real Meals Express	Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola*	Ham & Cheese Sandwich *freshly made and thinly sliced ham and cheese on a sandwich*	Garden Salad with Cheese Entree *fresh garden salad topped with cheese*	American Combo Sandwich *freshly made sandwich with thinly sliced turkey, ham and cheese*	Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola*
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Great American Sandwich Co.	Vegan Hummus Wrap Halal *creamy hummus spread over a soft tortilla rolled up with a variety of hand sliced crispy vegetables*	Turkey & Cheese Sandwich *freshly made and thinly sliced turkey and cheese sandwich*	Chicken Caesar Wrap *freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing*	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*	Buffalo Chicken Wrap *warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with				
Miss Ruby's Grill	Grilled Cheese Sandwich Meltdown Café *golden toasted bread with melted gooey cheese pressed and prepared in-house*	NY Beef Burger *beef burger on a freshly toasted bun*	Spicy Chicken Sandwich *warm spicy chicken breaded cutlet prepared in-house*	Cheeseburger *burger topped with cheese on a freshly toasted bun*	Grilled Cheese Sandwich Meltdown Café *golden toasted bread with melted gooey cheese pressed and prepared in-house*
	Available Daily: Grilled Cheese, Veggie Burgers, Hamburger/Cheeseburger (T/TH), Chicken Patties and				
La Cucina	French Bread Pizza *crispy French bread smothered with tomato sauce and melted cheese*	Pizza Bagel *melted cheese and tomato sauce on a toasted bagel, baked to perfection*	Meatball Pizza *meatballs over a cheesy slice of pizza*	Classic Cheese Pizza *whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese*	Pepperoni Pizza *cheese pizza topped with pepperoni*
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza				
Coyote Grill	Nachos with Cheese *creamy cheese layered over a bed of nachos*	Chicken & Cheese Quesadilla *hand crafted grilled flour tortilla filled with juicy chicken and melty cheese*	Crispy Tacos *homemade spicy taco meat inside a crispy taco shell topped with cheese*	Soft Tacos *freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell*	Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese*
	Available Daily: Nachos, Cripsy and Soft Tacos, Rice, Cheese Sauce and Shredded Cheddar Cheese and				



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