

For any questions contact the Food Service Department at 914-777-4845
 Director- Denise Delpesh
 ddelpesh@ryeneck.org

Menus are subject to change




October 2026

RYE NECK MIDDLE & HIGH SCHOOL LUNCH MENU

October 1st - 2nd

Powering potential.

- MAIN
- PASTA
Offered with Fresh Breads
- GRILL
- PIZZA
- SIDES

MON	TUES	WED	THURS	FRI
			Homemade French Toast Bar with Toppings Pork Sausages	Baked Potato Bar with Cheddar Cheese Sour Cream
			Buttered Noodles with or without Grilled Chicken	Chicken Piccata with Pasta
			Eggplant and Mozzarella Panini	Eggplant and Mozzarella Panini
			Bacon Chicken Ranch	Meat Lover with Pepperoni and Chicken
			Homemade Home Fries Roasted Corn	Pinto Beans Roasted Cauliflower French Fries



This institution is an equal opportunity provider

Available Daily

- ☐ Assorted Pizzas
- ☐ Cheeseburgers and Hamburgers
- ☐ Made to order Nacho Bar
- ☐ Made to order Boar's Head Deli Bar
- ☐ Grab and Go Yogurt Parfaits
- ☐ Grab and Go Sandwiches and Salads

Join us for Wacky Wednesday where every Wednesday brings a surprise meal

Rotating Seasonal Fresh Fruit
 Apple, Pears and Grapes

Rotating Seasonal Fresh Vegetables Selection
 Heirloom Tomatoes, Sweet Corn and Bell Peppers

First Meal Free for Students
 All Lunches Include:
 Whole Grains, Meat/Meat Alternative, Vegetables, Fresh Fruit, 100% Juice and 1% White, Skim White or Skim Chocolate (no high fructose corn syrup)

If you would like to view menu items nutritional information, please navigate to the following site and choose the following building and click "Today's Lunch" and change view to "Weekly"

[Rye Neck UFSD Dining - Rye Neck UFSD Dining](#)

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Powering
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October 2026

RYE NECK MIDDLE & HIGH SCHOOL LUNCH MENU

October 5th - 9th

	MON	TUES	WED	THURS	FRI
MAIN	Country Popcorn Chicken Potato Bowl Warm Biscuit	Curry Chicken with Rice and Warm Pita Bread	General Tso's Beef with Vegetables Brown Rice	Homemade Belgian Waffle Bar Pork Sausages	Chicken and Cheese or Cheese Quesadilla Cilantro Rice
PASTA Offered with Fresh Breads	Pasta with Garlic and Oil with or without Grilled Chicken	Lasagna Roll	Pasta Carbonara with or without Chicken	Buttered Pasta with or without Grilled Chicken	Homemade Mac and Cheese
GRILL	Ham and Cheese Bagel Melt	Ham and Cheese Bagel Melt	Ham and Cheese Bagel Melt	Ham and Cheese Bagel Melt	Ham and Cheese Bagel Melt
PIZZA	White	White	White	White	White
SIDES	Roasted Corn Roasted Brussel Sprouts French Fries	Curry Garbanzo Beans Roasted Cauliflower French Fries	Roasted Broccoli Roasted Carrot Sticks French Fries	Crispy Hash Brown Roasted Grean Benas French Fries	Roasted Pinto Beans Mix vegetables French Fries

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Apples, Pears and Grapes

**Rotating Seasonal Fresh
Vegetable Selection**
Heirloom Tomatoes, Sweet Corn
and Bell Peppers

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RYE NECK MIDDLE & HIGH SCHOOL LUNCH MENU

October 12th – 16th

Powering potential.

	MON	TUES	WED	THURS	FRI
MAIN	SCHOOL CLOSED	Crispy Orange Chicken with Rice	Greek Gyro Beef on Pita Bread with Tzatziki Sauce	Homemade Classic French Toast Bar Pork Sausages	Roasted Bone-in-Chicken Dinner Roll
PASTA Offered with Fresh Breads		Pasta with Beef Bolognese or Marinara Sauce	Vegetable Lo Mein with or without Chicken Teriyaki	Buttered Pasta with or without Grilled Chicken	Cheese Ravioli with Marinara Sauce
GRILL	COLUMBUS DAY	Cheese Crunchers with Marinara Sauce	Cheese Crunchers with Marinara Sauce	Cheese Crunchers with Marinara Sauce	Limited Time Offer Southwest Crunch Burger
PIZZA		Chicken Parm	Chicken Parm	Chicken Parm	Chicken Parm
SIDES	SCHOOL CLOSED	Roasted Carrots Crisp Snap Peas French Fries	Roasted Cauliflower Sauteed Spinach and Mushrooms French Fries	Tater Tots Three Bean Salad French Fries	Seasoned Lentils Roasted Broccoli French Fries

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- Rotating Seasonal Fresh Fruit**
 Apples, Pears and Grapes
- Rotating Seasonal Fresh Vegetable Selection**
 Heirloom Tomatoes, Sweet Corn and Bell Peppers

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October 2026

RYE NECK MIDDLE & HIGH SCHOOL LUNCH MENU

October 19th – 23th

	MON	TUES	WED	THURS	FRI
MAIN	Breaded Chicken Tenders with Warm Biscuit and Gravy	Chicken and Veggie Dumplings Fried Rice	Burger Bar Beef or Vegetable Assorted Toppings	Homemade Fluffy Pancake Bar Pork Sausages	Honey Stung Chicken with Brown Rice
PASTA Offered with Fresh Breads	Pasta with Beef Meatballs in Marinara Sauce	Pasta with Chicken Parm and Marinara Sauce	Penne Ala Vodka with or without Chicken	Nut Free Pesto Pasta with or without Chicken	Pasta Primavera with Zucchini and Peppers
GRILL	Grilled Chicken with Avocado	Grilled Chicken with Avocado	Grilled Chicken with Avocado	Grilled Chicken with Avocado	Grilled Chicken with Avocado
PIZZA	Sausage, Peppers and Onions	Sausage, Peppers and Onions	Sausage, Peppers and Onions	Sausage, Peppers and Onions	Sausage, Peppers and Onions
SIDES	Roasted Sweet Potatoes Sweet Corn French Fries	Roasted Broccoli Roasted Cauliflower French Fries	Garden Salad Pepper Strips French Fries	Crispy Hash Brown Roasted Corn French Fries	Sweet Plantains Garbanzo Bean Salad French Fries



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Apples, Pears and Grapes

Rotating Seasonal Fresh Vegetable Selection

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October 2026

RYE NECK MIDDLE & HIGH SCHOOL LUNCH MENU

October 26th – 30th

	MON	TUES	WED	THURS	FRI
MAIN	Chicken Tikka Masala with Rice	Oven Fried Chicken with Mashed Potatoes	Chicken Fajita Bar with Rice or Tortilla Wrap	Homemade Belgian Waffle Bar With Toppings Pork Sausages	Sweet Teriyaki Chicken and Fried Rice
PASTA Offered with Fresh Breads	Cheesy Baked Pasta	Alfredo Pasta with or without Grilled Chicken	Cheese Tortellini with Marinara Sauce	Buttered Noodles with or without Grilled Chicken	Chicken Piccata with Pasta
GRILL	Tuscan Vegetable Grilled Flatbread	Tuscan Vegetable Grilled Flatbread	Tuscan Vegetable Grilled Flatbread	Tuscan Vegetable Grilled Flatbread	Tuscan Vegetable Grilled Flatbread
PIZZA	Buffalo Roasted Cauliflower	Buffalo Roasted Cauliflower	Buffalo Roasted Cauliflower	Buffalo Roasted Cauliflower	Buffalo Roasted Cauliflower
SIDES	Roasted Garbanzo Beans Sauteed Mushroom French Fries	Roasted Carrots Roasted String Beans French Fries	Roasted Onion and Peppers Sauteed Green Peas French Fries	Tater Tots Roasted Corn French Fries	Roasted Broccoli Roasted Cauliflower French Fries



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