



MEAL OF THE DAY INCLUDES:

Fruit/Vegetable: Fresh fruits, vegetables offered daily

Juice: 100% Fruit Juice- Apple, Orange or Fruit Punch

Milk: Hormone/Antibiotic Free Skim, 1%, Whole, and Low-Fat Chocolate

Sandwich Meals:

Boars Head cold cuts:
Ham, Turkey, Salami, American cheese,
SunButter and Jelly Sandwich,
Cheese Sandwich

Bagel Meal:

Cream Cheese or Butter, Yogurt,
Cheese Stick

Salad Meal:

Chicken Caesar, Garden Salad

Salad Bar: [Made to Order](#)

Pizza Bar:

Cheese or Pepperoni or Pizza Sticks

Gluten Free and Vegetarian Options upon request Contact FSD 914-793-6130 ex. 4234

Local Farm Fruit and Vegetables Based on Availability

Non- High Fructose Corn Syrup

A La Carte items:

Yogurt Parfait w/ Fresh Fruit topping and Granola -\$3
Fresh Fruit cup 9oz -\$2.50
Variety of Healthy Snacks (Veggie sticks, Baked Lays Skinny pop, Vegan choices, Annie's Organic bunnies, Goldfish, Pretzels, Pirates' booty, Sun chips, Cheez-its - \$2.00-\$2.75
Variety of Gluten Free and Low Sugar Cereal -\$2=\$3

Beverages:

Small Water -\$1 / Large -\$2
Sparkly Water - \$2.75
Tropicana Juice -\$3.00
Horizon Organic milk / Soy milk -\$2.50

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 914-793-6130 ex. 4234

HAPPY HALLOWEEN

Menus are subject to change.

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STUDENT NUTRITION

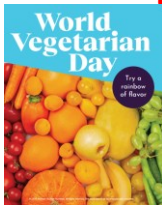
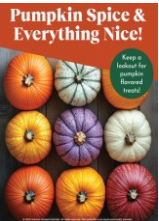
This institution is an equal opportunity provider.

October 2026

Eastchester Middle School | LUNCH MENU



EASTCHESTER
UNION FREE SCHOOL DISTRICT

MON	TUES	WED	THURS	FRI
			October 1st Grilled Veggie, Lettuce Hummus on WG Pita	
 LTO's of the month! Potato Wedges Carrot Sticks Kiwi Slice	Nacho Day Beef, Cheese, Pinto Beans Pico De Gallo, Sour Cream Shredded Lettuce Pineapple	Mac and Cheese Broccoli WG Texas Toast Garbanzo Salad Red Pepper Strips Grapes	Pasta Meat Or Marinara Bread Stick Rosted Zucchini Carrot Sticks /Ranch Melon Wedge	Chicken Burritos WG Rice Beans and cheese Salsa, Sour cream Guacamole Cucumber slice Orange
Columbus, Indigenous Peoples' Day No School	Boneless Wings Bar BBQ or Plain Garlic Bread Stick Carrot / Celery Sticks Spinach Salad 100% fruit Juice	Mediterranean Bowl Rice, Herb Chicken, Feta, Olives, Grape Leaves, Tzatziki Sauce Garbanzo Salad Red Apple	Baked Ziti Or Pasta Marinara, Garlic Bread Stick Roasted Zucchini Celery sticks Pineapple	Chicken Teriyaki Brown Rice Green Cabbage Roasted Edamame Orange Slices
Grilled Chicken Bacon/ Ranch On WG Roll Sweet Potatoes fries Garden Salad Pears	WG Yakisoba Noodle Chicken or Tofu Broccoli Low sodium Soy Sauce Cucumber slice Orange	Spaghetti and Meatballs WG Dinner Roll Spinach Baby Carrot Banana	Chicken and Waffle Hash Brown Cucumber Slice Applesauce	Stromboli Chicken Parm Broccoli Cheddar Pepperoni Mozzarella Marinara Sauce Dip Caesar Salad Red Apple
Grilled Cheese Waffle Fries Veggie Soup 100% fruit Juice Red Apple	 Chicken Tenders WG Pumpkins Spice Donuts Holes Green Beans Red Pepper strips Kiwi Slice	Fish n' Chips, Tarter Sauce Garden Salad Honey Dew	Bowtie Pasta Grilled Chicken Roasted Kale WG Biscuits Cherry Tomatoes Cup Apple slice	 Beef Hot Dog WG Bun Fiesta Corn Pickles Pineapple