

RALLY CAFE

Choice Breakfast Entrée
Fruit/4oz Juice & 8oz Milk

BREAKFAST SERVED

DAILY: Choice of:

Fresh Made Egg
Sandwiches, Bagels,
Yogurt Parfaits, All 100%
Fruit Smoothies,
Assorted WG Cereals,
Assorted WG Muffins &
more....

If student wishes to purchase an
additional meal:
Breakfast: \$1.95
Lunch: \$3.35
Adult Breakfast: \$3.62 +tax
Adult Lunch: \$5.59 + tax



OCTOBER 2026

SUFFERN MIDDLE SCHOOL – LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This months featured Limited Time Offer 	AVAILABLE DAILY American Grilled Cheese Sandwich on WW, Peanut Butter & Jelly on WW, Yogurt Meal or Cheese Sandwich on WW. Assorted Deli Sandwiches & Salads, Parfaits Pizza served daily: Cheese, Pepperoni (contains Pork & Beef) & Specialty Pies	Alternate Daily Choices: Monday Hot Dog, Cheese/Hamburger Tuesday Baked Chicken Nuggets with a grain Wednesday Hot Dog, Cheese/Hamburger Thursday Baked Chicken Poppers with a grain Friday Cheese/Hamburger LUNCH INCLUDES: Skim Milk, 1% Milk or Fat Free Chocolate Milk/ Vegetable Choice / Fruit Choice / 100% Juice Offered	Teriyaki Popcorn Chicken ¹ With Brown Rice Oriental Vegetables Steamed Broccoli Grapes	Homemade WG Cheese Pizza, ² Pepperoni or Specialty or Pizza Sticks Red Pepper Slices Romaine & Spinach Salad Strawberries
WG Mozzarella Sticks ⁵ Baked Twisty Fries Crisp Carrot & Celery Sticks Red Seedless Grape	NO SCHOOL – SUPERINTENDENT CONFERENCE DAY ⁶	WG Spaghetti ⁷ & Beef Meatballs WG Breadstick Sauteed Butternut Squash Spinach & Tomato Salad Pears	Southwest Crunch Burger ⁸ Beef Patty topped with a cheesy blend of roasted onions, peppers, cumin, smoked paprika and garlic topped with Tostito Tortilla Chips Sweet Potato Fries Honeydew	Homemade Pizza ⁹ Choice of: Cheese, Pepperoni * or Specialty or WG Corn Dogs Broccoli Bites Red Pepper Strips Pineapple Cup *Contains: pork
NO SCHOOL ¹²  Columbus Day	Scoops (WG) ¹³ With Seasoned Turkey Taco Meat, Lettuce, Cheese & Salsa, Seasoned Corn & Refried Beans Orange Wedges	Homemade Macaroni & Cheese ¹⁴ Slice of WG French Bread Red & Orange Pepper Strips Roasted Zucchini Blueberries	Meatball Parm Hero ¹⁵ On Garlic Parmesan Toast Baked Crinkle Fries Seasoned Green Beans Peaches	Homemade Pizza ¹⁶ Choice of: Cheese, Pepperoni or Specialty or Pizza Sticks Broccoli with dip Carrot Sticks Watermelon *Contains: pork
Chicken or Cheese Quesadillas ¹⁹ Your Choice in a WG tortilla Salsa and Sour Cream for dipping Cucumber Coins Butternut Squash Spaghetti Blueberries	Walking Taco ²⁰ Seasoned Turkey Taco Meat Scooped on top of Frito Chips , Choice toppings: Cheddar Cheese, Shredded Lettuce, Jalapenos & Salsa Grilled Corn & Pepper Salad Kidney Bean Salad 	Spaghetti & Meatballs* ²¹ WG Dinner Roll Romaine & Spinach Salad Roasted Zucchini Cantaloupe *Beef	Chicken Burritos ²² Seasoned Chicken Strips wrapped in warm tortilla with Shredded Cheddar, tomatillos and Salsa Roasted Red Peppers Refried Beans NY Apple	Homemade WG Cheese Pizza, ²³ Pepperoni or Specialty or Grilled Cheese Broccoli Bites Carrot Sticks Pears
Chicken Wings (boneless) ²⁶ All white meat, boneless chicken wings smothered in spicy hot sauce Twisty Fries Cucumber Coins Apple Slices	White Seedless Grapes Scoops (WG) ²⁷ With Seasoned Turkey Taco Meat, Lettuce, Cheese & Salsa, Seasoned Corn & Refried Beans Orange Wedge	Baked Ziti with Beef ²⁸ Meatballs Side of French Bread Roasted Cauliflower Baby Carrots Pineapple	BBQ Day ²⁹ Hamburgers & Hot Dogs Baked Seet Potato Fries Kale Chips Pears	Homemade WG Cheese Pizza, ³⁰ Pepperoni or Specialty or Pizza Sticks Red Pepper Slices Romaine & Spinach Salad Strawberries

*Pepperoni contains Pork & Beef

**Whole Grains offered daily