

Daily Offerings:

Whole Grain Mini Waffle,
Pancakes, Cini Minis,
Apple Frudel

Variety of Whole Grain
Muffins with Cheese
Stick

Variety of Whole
Grain/Reduced Sugar
Cereal Bars with Cheese
Stick

Whole Grain Bagel
Breakfast

**All Complete Meals
Must Include a Choice
of:**
Fresh Fruit/Vegetable
or 100% Juice

And May Include:
1% Low Fat Milk or
Skim Milk



October 2026

Pequenakonck School

Breakfast Menu

MON	TUES	WED	THURS	FRI
			Whole Grain Mini Waffles ¹ Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Muffin & Cheese Stick ² Fresh Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice
Whole Grain Bagel with Cream Cheese ⁵ Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Mini Cinnamon Roll ⁶ Fresh Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bar & Cheese Stick ⁷ Fresh Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Mini Waffles ⁸ Fresh Banana 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Muffin & Cheese Stick ⁹ Apple Sauce Cup 8oz Milk 1% or Skim Milk 100% Fruit Juice
Colombus Day/ Indigenous People Day Schools Closed ¹²	Whole Grain Mini Cinnamon Roll ¹³ Fresh Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bar & Cheese Stick ¹⁴ Fresh Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Mini Waffles ¹⁵ Fresh Banana 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Muffin & Cheese Stick ¹⁶ Apple Sauce Cup 8oz Milk 1% or Skim Milk 100% Fruit Juice
Whole Grain Bagel with Cream Cheese ¹⁹ Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Mini Cinnamon Roll ²⁰ Fresh Plum 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bar & Cheese Stick ²¹ Fresh Clementine 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Mini Waffles ²² Fresh Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Muffin & Cheese Stick ²³ Fresh Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice
Whole Grain Bagel with Cream Cheese ²⁶ Fresh Apple 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Mini Cinnamon Roll ²⁷ Fresh Pear 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Cereal Bar & Cheese Stick ²⁸ Fresh Orange 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Mini Waffles Fresh Banana 8oz Milk 1% or Skim Milk 100% Fruit Juice	Whole Grain Muffin & Cheese Stick ³⁰ Apple Sauce Cup 8oz Milk 1% or Skim Milk 100% Fruit Juice

Menus are subject to change.

Breakfast Price Student's First Breakfast:

**Free
Milk, Juice or Fruit
\$1.00**

Adult Breakfast \$3.05 + tax

**Food Service Director
Kaycee Czyzak
foodservice@
northsalemschools.org
914-669-5414 ext 2030**

****Need to add money to your child's account**

***Log on to – MySchoolBucks.com Or
*Pay by check or cash**

aramark
STUDENT
NUTRITION

This institution is an equal opportunity provider.

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 914-669-5414 ext 2030



October 2026 Lunch

Pequenakonk

Food Service Director
Kaycee Czyzak
foodservice@
northsalesmschools.org
914-669-5414 ext 2030

Student First Lunch Free

Adult Lunch \$5.50 + tax



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Brunch For Lunch 1 WG Waffles & Turkey Sausage Or Grilled Cheese WG Bread Baked Tater Tots Red Pepper Strips Fresh Banana 8oz Milk 100% Fruit Juice	2 Fresh Baked WG Cheese or Pork Pepperoni Pizza Romaine Salad Steamed Green Beans Fresh Pear 8oz Milk 100% Fruit Juice
5 WG Popcorn Chicken with WG Breadstick Or WG Pizza Crunchers Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice	6 Nachos Ground Beef, Tortilla Chips, Shredded Cheddar & Salsa Or Turkey Hot Dog On WG Bun Roasted Garbanzo Beans Mexicali Corn Fresh Pear 8oz Milk 100% Fruit Juice	7 Macaroni & Cheese with WG Breadstick or WG Cheese Quesadilla Roasted Broccoli Cucumber Slices Fresh Pear 8oz Milk 100% Fruit Juice	8 Brunch For Lunch WG French Toast Sticks & Turkey Sausage Or Grilled Cheese WG Bread Baked Sweet Potato Fries Red Pepper Strips Fresh Banana 8oz Milk 100% Fruit Juice	9 Fresh Baked WG Cheese or BBQ Chicken Pizza Romaine Salad Sweet Potato Fries Apple Sauce Cup 8oz Milk 100% Fruit Juice
12 Colombus Day/ Indigenous People Day Schools Closed	13 WG Chicken Tenders with WG Breadstick Or Cheese Stuffed WG Breadstick with Marinara Baked French Fries Carrot Coins Fresh Apple 8oz Milk 100% Fruit Juice	14 Gen Tso Chicken with Egg Fried Rice or WG Bean & Cheese Burrito Roasted Broccoli Cucumber Slices Fresh Pear 8oz Milk 100% Fruit Juice	15 Brunch For Lunch WG Pancakes & Turkey Sausage Or WG Mini Corn Dogs Tater Tots Celery Sticks Apple Sauce Cup 8oz Milk 100% Fruit Juice	16 Fresh Baked WG Cheese or Chicken Meatball Pizza Romaine Salad Roasted Cauliflower Fresh Strawberry 8oz Milk 100% Fruit Juice
19 Early Release PD Day No Lunch	20 Beef or Cheeseburger on WG Bun Or Chicken Patty on WG Bun Baby Carrots BBQ Vegetarian Beans Fresh Orange 8oz Milk 100% Fruit Juice	21 Whole Grain Cheese Stuf. Breadstick with Marinara Sauce Or Whole Grain Chicken Nuggets with Breadstick Steamed Broccoli Cantaloupe 8oz Milk 100% Fruit Juice	22 Brunch For Lunch WG Waffles & Turkey Sausage Or Grilled Cheese WG Bread Baked Tater Tots Red Pepper Strips Fresh Banana 8oz Milk 100% Fruit Juice	23 Fresh Baked WG Cheese or Pork Pepperoni Pizza Romaine Salad Red Pepper Strips Fresh Pear 8oz Milk 100% Fruit Juice
26 Chicken Patty On Whole Grain Bun or Beef Hot Dog On Whole Grain Bun Baked French Fries Roasted Broccoli Fresh Apple 8oz Milk 100% Fruit Juice	27 Spaghetti with Chicken Meatballs in Marinara Sauce & Dinner Roll Or Grilled Cheese On Whole Grain Bread Cucumber Coins Steamed Carrots Fresh Pear 8oz Milk	28 Orange Chicken WG Popcorn Chicken with Orange Asian Sauce Or WG Cheese Quesadilla Roasted Broccoli Black Beans Fresh Pear 8oz Milk 100% Fruit Juice	29 Brunch For Lunch WG French Toast Sticks & Turkey Sausage Or Grilled Cheese WG Bread Baked Sweet Potato Fries Red Pepper Strips Fresh Banana 8oz Milk 100% Fruit Juice	30 Fresh Baked WG Cheese or BBQ Chicken Pizza Romaine Salad Sweet Potato Fries Apple Sauce Cup 8oz Milk 100% Fruit Juice

PURPLE REIGN

Purple can be viewed as an indicator that you are eating foods with a powerful array of health benefits. Fruits and vegetables of this color are rich in anthocyanins, which give foods with their unique color and may benefit brain health, help lower inflammation, and fight cancer and heart disease. In addition to anthocyanins, purple produce offers several other key vitamins and nutrients. Purple powerhouses you should add to your diet include blackberries, boysenberries, cherries, and purple cabbages.

DISCOVER: PLUM

Look out for plum perfection this month. In season late April through October, plums are a juicy snack brimming with vitamins A and C, calcium, and potassium.



PURPLE CAULIFLOWER:

Brimming with vitamin C, potassium & fiber
Peak Season: Dec. - Feb.

CONCORD GRAPES: Bursting with manganese, vitamin K, & anthocyanins
Peak Season: Sep. - Oct.



EGGPLANT:

Full of fiber, folate, & antioxidants
Peak Season: Jul. - Oct.

CHALLENGE OF THE MONTH: CABBAGE COLOR KIT

Transform white fabrics into natural purple and blue tones straight from the cabbage patch! After gathering the materials, follow the directions below.

DIRECTIONS: Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.

MATERIALS:

White clothes to dye
1 large pot
1 strainer
2 cups of chopped red cabbage
5 cups of water

Choose one or the other:

2 tablespoons of apple cider vinegar for purple

OR

1 teaspoon of baking soda for blue



Tie rubber bands around different parts of the shirt beforehand to create patterns!

*DO NOT attempt cook or chop without adult supervision.



ACE'S RECIPE OF THE MONTH:

CREAMY PURPLE BERRY SMOOTHIE*

Serves 2

INGREDIENTS:

1/2 cup of pomegranate juice

1 tablespoon of honey

3 ounces of silken firm tofu (about 1/2 cup)

1 cup of frozen unsweetened mixed berries

1 cup of frozen unsweetened strawberries

Whip cream (optional)



PREPARATION:

1. Place all ingredients in a blender, cover, and blend thoroughly.
2. Pour into two cups, add whip cream if you want, and enjoy!



*DO NOT attempt cook or chop without adult supervision.

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