



October 2026

North Salem Middle & High School BREAKFAST MENU

All Breakfasts Must Include

Choice Of:
Fruit, 100% Juice

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

Hormone Free, No High Fructose Corn Syrup

Available Daily

Whole Grain Assorted Muffins & Cereals, Whole Grain Bagels, Home Made Egg Sandwiches, Yogurt Parfaits, Whole Grain Cereal Bars, Whole Grain Donuts, Pillsbury & Eggo Grab & Go Hot Breakfast

Assorted Fresh Fruit & Fruit Cups

Student First Lunch Free
If student wishes to purchase an additional meal:
Breakfast: \$2.25
Lunch: \$3.75
Adult Breakfast: \$3.05 +tax
Adult Lunch: \$5.50 + tax

Food Service Director
Kaycee Czyzak
Foodservice@
northsalem schools.org
914-669-5415 ext:2030

**Powering
potential.**

Variety of Seasonal Fruit & Vegetables Offered Daily
100% Fruit Juice, 1% Fat Free, Skim, or Chocolate Milk

	MON		TUES		WED		THURS		FRI
							¹		²
							Vanilla Yogurt & Fresh Fruit Parfait Graham Crackers Fresh Banana 100% Fruit Juice 8 oz milk		Bacon (Pork), Egg & Cheese On Whole Grain Kaiser Roll Fresh Pear 100% Fruit Juice 8oz Milk
	⁵		⁶		⁷		⁸		⁹
	Whole Grain Bagel with Butter or Cream Cheese Fresh Apple 100% Fruit Juice 8 Oz Milk		Sauage (Pork), Egg & Cheese on Whole Grain Kaiser Roll Fresh Orange 100% Fruit Juice 8oz Milk		Whole Grain French Toast Sticks w Maple Syrup Fresh Pear 100% Fruit Juice 8oz Milk		Vanilla Yogurt & Fresh Fruit Parfait Graham Crackers Fresh Banana 100% Fruit Juice 8 oz milk		Bacon (Pork), Egg & Cheese On Whole Grain Bagel Apple Sauce Cup 100% Fruit Juice 8oz Milk
	¹²		¹³		¹⁴		¹⁵		¹⁶
			Sausage (Pork), Egg & Cheese On Whole Grain Bagel Fresh Orange 100% Fruit Juice 8oz Milk		Whole Grain French Toast Sticks w Maple Syrup Fresh Pear 100% Fruit Juice 8oz Milk		Vanilla Yogurt & Fresh Fruit Parfait Graham Crackers Fresh Banana 100% Fruit Juice 8 oz milk		Bacon (Pork), Egg & Cheese On Whole Grain Wrap Apple Sauce Cup 100% Fruit Juice 8oz Milk
	¹⁹		²⁰		²¹		²²		²³
	Whole Grain Bagel with Butter or Cream Cheese Fresh Apple 100% Fruit Juice 8 Oz Milk		Sauage (Pork), Egg & Cheese on Whole Grain Kaiser Roll Fresh Apple 100% Fruit Juice 8oz Milk		Whole Grain French Toast Sticks w Maple Syrup Fresh Pear 100% Fruit Juice 8oz Milk		Vanilla Yogurt & Fresh Fruit Parfait Graham Crackers Fresh Orange 100% Fruit Juice 8 oz milk		Bacon (Pork), Egg & Cheese On Whole Grain Kaiser Roll Apple Sauce Cup 100% Fruit Juice 8oz Milk
	²⁶		²⁷		²⁸		²⁹		³⁰
	Whole Grain Bagel With Butter or Cream Cheese Fresh Apple 100% Fruit Juice 8oz Milk		Sausage (Pork), Egg & Cheese On Whole Grain Bagel Fresh Pear 100% Fruit Juice 8oz Milk		Whole Grain French Toast Sticks w Maple Syrup Fresh Orange 100% Fruit Juice 8oz Milk		Vanilla Yogurt & Fresh Fruit Parfait Graham Crackers Fresh Banana 100% Fruit Juice 8 oz milk		Bacon (Pork), Egg & Cheese On Whole Grain Bagel Apple Sauce Cup 100% Fruit Juice 8oz Milk

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

Menus are subject to change.



****Need to add money to your Childs account**
*Log on to – [MySchoolBucks.com](https://myschoolbucks.com)
Or Pay w cash or a check made out to North Salem School Lunch Fund

aramark
STUDENT
NUTRITION

This institution is an equal opportunity provider.

All Complete Meals Must Include a Choice of:
 Fresh Fruit/Vegetable or 100% Juice
And May Include:
 1% Low Fat Milk or Skim Milk
 Entrée, Bread/Grain, Vegetable, Fruit/Juice (e.g. Fresh, Cup of Fruit or Juice) and Choice of 1% White or Fat-Free White or Chocolate Milk.

MTO Deli Bar
 Choice of Boars Head Ham, Turkey or Buffalo Chicken and Assorted Cheeses on Whole Grain Kaiser, Flat Bread, Tortilla Wrap or Sliced Bread, Assorted Toppings & Dressings
MTO Salads
 Romaine or Spring Mix Assorted Toppings & Dressings
Daily Alternate Options
 WG Pizza Options, WG Pizza Crunchers, Chicken Patty on WG Roll, Spicy Chicken Patty with Cheese on WG Roll, Cheeseburger on WG Roll, Chicken Nuggets with WG Bread Roll, Yogurt Parfait w Granola, Peanut Butter & Jelly on WG Bread

Powering potential.

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October 2026

North Salem Middle & High School

LUNCH MENU

Variety of Seasonal Fruit & Vegetables Offered Daily
 100% Fruit Juice, 1% Fat Free, Skim, or Chocolate Milk

	MON		TUES		WED		THURS		FRI
							1 The Max Sticks WG Mozzarella Stuffed Breadsticks Marinara Dipping Sauce Spicy Waffle Fries Fresh Garden Salad Fresh Apple		2 Creamy Mac & Cheese WG Dinner Roll Roasted Broccoli Sweet Corn Fresh Apple
	5 Chicken Fajitas Seasoned Chicken Sauteed Peppers & Onions in WG Tortilla Sauteed Zucchini Spicy Corn Fresh Banana		6 Chicken Wing Bar Boneless Wings Choice of BBQ or Spicy Buffalo Celery & Carrot Sticks Ranch Dipping Sauce Spicy Waffle Fries Fresh Banana		7 Beef Nachos Seasoned Ground Beef, Tostito Chips, Salsa, Shredded Cheddar, Salsa, Sour Cream Black Beans Roasted Garbanzo Beans Fresh Apple		8 BBQ Pulled Pork Sandwich WG Bun Siracha Coleslaw Broccoli Fresh Banana		9 Build Your Own Hot Dog WG Bun Chili, Melted Cheese, Carnalized Onion, Jalapenos Roasted Corn BBQ Vegetarian Beans Fresh Apple
	12 Crispy Chicken Snack Wrap Chicken Tenders in WG Wrap, Cheddar Cheese, Shredded Lettuce, Diced Tomatoes & Onion Chipotle Mayo Fresh Clementine		13 Meatball Parm Sandwich on WG Club Roll Marinara Sauce & Melted Mozzarella Steamed Green Beans Roasted Garbanzos Fresh Pear		14 Beef Burrito Seasoned Ground Beef, Beans & Rice in WG Tortilla Roasted Garbanzo Beans Fresh Banana		15 Brunch For Lunch Homemade Pancakes, Turkey Sausage, Maple Syrup Hash Browns Fresh Strawberries & Orange Slices		16 Gen Tso Chicken WG Popcorn Chicken, Vegetable Fried Rice Peas & Carrots Steamed Edamame Fresh Clementine
	19 Schools Closed Columbus/ Indigenous Peoples' Day		20 WG Pasta with Chicken Meatballs in Marinara & WG Dinner Roll Romain Garden Salad Sauteed Carrot Coins Fresh Pear		21 Brunch For Lunch Homemade French Toast Turkey Sausage, Maple Syrup Hash Browns Fresh Strawberries & Orange Slices		22 Brunch For Lunch Homemade French Toast Turkey Sausage, Maple Syrup Hash Browns Fresh Strawberries & Orange Slices		23 Chicken Lo Mein WG Lo Mein Noodle & Grilled Chicken with WG Dinner Roll Roasted Edamame & Broccoli Fresh Orange
	26 Half Day No Lunch		27 Chicken Parmesan WG Chicken With Marinara Sauce & Melted Mozzarella WG Dinner Roll Sauteed Green Beans Freh Apple		28 Orange Chicken WG Boneless Chicken With Egg Fried Rice Roasted Green Beans & Edamame Fresh Orange		29 “KFC” Popcorn Chicken Bowl WG Popcorn Chicken, Mashed Potatoes, Sweet Corn, Brown Gravy Fresh Apple		30 Buffalo Chicken & Cheese Wrap Spicy Grilled Chicken, Melted Cheddar in a WG Tortilla Wrap Romain Salad Fresh Pear

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Menus are subject to change.



All Lunches Include:
 Entrée, Bread/Grain, Protein, Choice of Vegetable, Fruit/Juice and Choice of 1% White or Fat-Free White or Chocolate Milk.
All daily fruits & vegetables are available to take with the above cold meals
Food Service Director
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