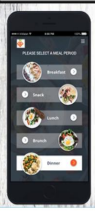
Centereach High School

11/02/2026 - 11/06/2026

Welcome to our Lunch Cafe

	Monday (Meatless Monday)	Tuesday	Wednesday	Thursday	Friday
World Market	Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* Tomato Sauce	SCHOOL CLOSED TODAY	BLT Burger *freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun* Whole Wheat Dinner Roll	Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce*	Homemade Pasta & Meatballs *freshly baked meatballs with tomato sauce over pasta*
Healthy Harvest	Green Beans Cucumber Coins Fresh Grapes Fresh Pear		Sweet Potato Fries Celery & Carrot Sticks w/ Low Fat Dressing Fresh Orange Strawberries	Crispy Potato Puffs *crisp potato puffs baked to perfection* Caesar Salad Fresh Apple Fresh Orange	Steamed Broccoli Celery & Carrot Sticks w/ Low Fat Dressing Fresh Orange Fresh Banana
	Available daily: Carrots, Cucumbers, Side Salads, Apples, Oranges, Cupped Fruit and 100% Fruit Juice				
Real Meals Express	American Combo Sandwich *freshly made sandwich with thinly sliced turkey, ham and cheese*		Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola*	American Combo Sandwich *freshly made sandwich with thinly sliced turkey, ham and cheese*	Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola*
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Great American Sandwich Co.	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*		Buffalo Chicken Wrap *warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*	Buffalo Chicken Wrap *warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings				
Miss Ruby's Grill	Cheeseburger *burger topped with cheese on a freshly toasted bun*		Grilled Cheese Sandwich Meltdown Café *golden toasted bread with melted gooey cheese pressed and prepared in-house*	Cheeseburger *burger topped with cheese on a freshly toasted bun*	Grilled Cheese Sandwich Meltdown Café *golden toasted bread with melted gooey cheese pressed and prepared in-house*
	Available Daily: Grilled Cheese, Veggie Burgers, Hamburger/Cheeseburger (T/TH), Chicken Patties and Spicy Chicken				
La Cucina	French Bread Pizza *crispy French bread smothered with tomato sauce and melted cheese*		Meatball Pizza *meatballs over a cheesy slice of pizza*	French Bread Pizza *crispy French bread smothered with tomato sauce and melted cheese*	Meatball Pizza *meatballs over a cheesy slice of pizza*
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
Coyote Grill	Ranch & Chicken Quesadilla *homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla*		Nachos with Cheese *creamy cheese layered over a bed of nachos*	Ranch & Chicken Quesadilla *homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla*	Nachos with Cheese *creamy cheese layered over a bed of nachos*
	Available Daily: Nachos, Cripsy and Soft Tacos, Rice, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce,				



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Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. * Menu is subject to change, notice posted when available. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.

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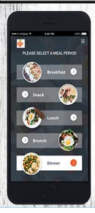
Centereach High School

11/09/2026 - 11/13/2026

Welcome to our Lunch Cafe

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	Cheesy Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Tomato Sauce	Bun Appetit Monte Cristo Pancake (P) new	SCHOOL CLOSED TODAY	Honeyfire Kitchen Chicken Sandwich *freshly prepared chicken drizzled with honey fire sauce*	Meatball Hero *freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella*
Healthy Harvest	Oven Baked Fries *crispy fries baked to perfection* Celery Sticks Fresh Orange Fresh Banana	Crispy Potato Puffs *crisp potato puffs baked to perfection* Side Garden Salad Fresh Banana Fresh Apple		Baked Beans Cucumber Coins Fresh Apple Fresh Banana	Steamed Broccoli Side Garden Salad Fresh Strawberries Fresh Orange
Real Meals Express	Garden Salad with Cheese Entree *fresh garden salad topped with cheese*	Turkey & Cheese Sandwich *freshly made and thinly sliced turkey and cheese sandwich*		Ham & Cheese Sandwich *freshly made and thinly sliced ham and cheese on a sandwich* (P)	American Combo Sandwich *freshly made sandwich with thinly sliced turkey, ham and cheese* (P)
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Great American Sandwich Co.	Vegan Hummus Wrap Halal *creamy hummus spread over a soft tortilla rolled up with a variety of hand sliced crispy vegetables*	Chicken Caesar Wrap *freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing*		Spicy Buffalo Chickpea Wrap *freshly roasted chickpeas coated in hot sauce with freshly seasoned lettuce, tomatoes and onions in a soft wrap*	Ham & Cheese Sandwich *freshly made and thinly sliced ham and cheese on a sandwich* (P)
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable				
Miss Ruby's Grill	Spicy Chicken Sandwich *warm spicy chicken breaded cutlet prepared in-house*	NY Beef Burger *beef burger on a freshly toasted bun*		Cheeseburger *burger topped with cheese on a freshly toasted bun*	Spicy Chicken Sandwich *warm spicy chicken breaded cutlet prepared in-house*
	Available Daily: Grilled Cheese, Veggie Burgers, Hamburger/Cheeseburger (T/TH), Chicken Patties and Spicy Chicken				
La Cucina	Pizza Bagel *melted cheese and tomato sauce on a toasted bagel, baked to perfection*	Pepperoni Pizza *cheese pizza topped with pepperoni*		Meatball Pizza *meatballs over a cheesy slice of pizza*	Broccoli Pizza *cheese pizza topped with broccoli*
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
Coyote Grill	Nachos with Cheese *creamy cheese layered over a bed of nachos*	Crispy Tacos *homemade spicy taco meat inside a crispy taco shell topped with cheese*		Soft Tacos *freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell*	Cheese Quesadilla *freshly grilled flour tortilla with melted cheese*
	Available Daily: Nachos, Cripsy and Soft Tacos, Rice, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce,				



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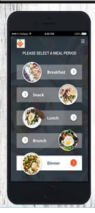
Centereach High School

Welcome to our Lunch Cafe

11/16/2026 - 11/20/2026

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	Cheesy Garlic Bread *freshly baked garlic bread topped with melted mozzarella cheese*	Homemade Mac & Cheese *pasta in cheese sauce, garnished with parsley*	General Tso's Chicken *crispy chicken with broccoli in General Tso's sauce*	Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Dinner Rolls	Smokehouse Burger *burger on a freshly toasted bun with BBQ sauce*
Healthy Harvest	Buttered Corn Cucumber Coins Fresh Orange Fresh Blueberries	Steamed Carrots Fresh Grapes Fresh Pear	Steamed Broccoli Caesar Salad Fresh Apple Fresh Orange	Sweet Potato Fries *crispy sweet potato fries baked to perfection* Celery Sticks With Ranch Dressing Fresh Strawberries Fresh Banana	Baked Beans Oven Baked Fries Fresh Strawberries Fresh Orange
Real Meals Express	Cobb Salad *fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg*	Garden Salad with Cheese Entree *fresh garden salad topped with cheese*	American Combo Sandwich *freshly made sandwich with thinly sliced turkey, ham and cheese*	Veggabol Fiesta Rice and Beans Bowl *steamed riced over seasoned black beans, corn and salsa topped with fresh lettuce, onions, peppers and cilantro*	Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola*
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Great American Sandwich Co.	Vegan Hummus Wrap Halal *creamy hummus spread over a soft tortilla rolled up with a variety of hand sliced crispy vegetables*	Chicken Caesar Wrap *freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing*	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*	Buffalo Chicken Wrap *warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*	Turkey & Cheese Sandwich *freshly made and thinly sliced turkey and cheese sandwich*
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable				
Miss Ruby's Grill	Grilled Cheese Sandwich Meltdown Café *golden toasted bread with melted gooey cheese pressed and prepared in-house*	NY Beef Burger *beef burger on a freshly toasted bun*	Spicy Chicken Sandwich *warm spicy chicken breaded cutlet prepared in-house*	Cheeseburger *burger topped with cheese on a freshly toasted bun*	Crispy Chicken Sandwich *warm crispy breaded chicken on a bun prepared in-house*
	Available Daily: Grilled Cheese, Veggie Burgers, Hamburger/Cheeseburger (T/TH), Chicken Patties and Spicy Chicken				
La Cucina	French Bread Pizza *crispy French bread smothered with tomato sauce and melted cheese*	Classic Cheese Pizza *whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese*	Pizza Bagel *melted cheese and tomato sauce on a toasted bagel, baked to perfection*	Pepperoni Pizza *cheese pizza topped with pepperoni*	Buffalo Chicken Pizza *buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough*
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
Coyote Grill	Nachos with Cheese *creamy cheese layered over a bed of nachos*	Crispy Tacos *homemade spicy taco meat inside a crispy taco shell topped with cheese*	Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese*	Soft Tacos *freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell*	Chicken & Cheese Quesadilla *hand crafted grilled flour tortilla filled with juicy chicken and melty cheese*
	Available Daily: Nachos, Cripsy and Soft Tacos, Rice, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce,				



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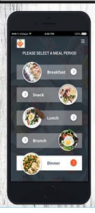
Centereach High School

Welcome to our Lunch Cafe

11/23/2026 - 11/27/2026

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* With Tomato Sauce	Ruby's Chicken Cordon Bleu *handcrafted sandwich with moist chicken breast ,thinly sliced ham, cheese, and crisp lettuce between a soft bun* (P)	General Tso's Chicken *crispy chicken with broccoli in General Tso's sauce*		SCHOOL CLOSED TODAY
Healthy Harvest	Glazed Carrots *carrots in a buttery brown sugar glaze* Side Garden Salad Fresh Apple Fresh Blueberries	Crispy Potato Puffs *crisp potato puffs baked to perfection* Baby Carrots Fresh Banana Fresh Blueberries	Green Beans Oven Baked Fries Fresh Apple Fresh Pear		
Real Meals Express	Garden Salad with Cheese Entree *fresh garden salad topped with cheese*	Turkey & Cheese Sandwich *freshly made and thinly sliced turkey and cheese sandwich*	Veggabol Taco Bean Tortilla Bowl *seasoned beans set on top of crisp lettuce in a whole grain tortilla bowl topped with tomatoes, cucumbers and cilantro*		
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Great American Sandwich Co.	Vegan Hummus Wrap Halal *creamy hummus spread over a soft tortilla rolled up with a variety of hand sliced crispy vegetables*	Chicken Caesar Wrap *freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing*	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*		
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable				
Miss Ruby's Grill	Grilled Cheese Sandwich Meltdown Café *golden toasted bread with melted gooey cheese pressed and prepared in-house*	NY Beef Burger *beef burger on a freshly toasted bun*	Spicy Chicken Sandwich *warm spicy chicken breaded cutlet prepared in-house*		
	Available Daily: Grilled Cheese, Veggie Burgers, Hamburger/Cheeseburger (T/TH), Chicken Patties and Spicy Chicken				
La Cucina	French Bread Pizza *crispy French bread smothered with tomato sauce and melted cheese*	Broccoli Pizza *cheese pizza topped with broccoli*	Pizza Bagel *melted cheese and tomato sauce on a toasted bagel, baked to perfection*		
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
Coyote Grill	Nachos with Cheese *creamy cheese layered over a bed of nachos*	Crispy Tacos *homemade spicy taco meat inside a crispy taco shell topped with cheese*	Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese*		
	Available Daily: Nachos, Cripsy and Soft Tacos, Rice, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce,				



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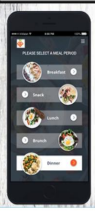
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Centereach High School

Welcome to our Lunch Cafe

11/30/2026 - 11/30/2026

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	Chicken Souvlaki *Greek style chicken* new				
Healthy Harvest	Green Beans Oven Baked Fries Fresh Grapes Fresh Apple HARVEST				
Real Meals Express	Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola*				
	Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk				
Great American Sandwich Co.	Vegan Hummus Wrap Halal *creamy hummus spread over a soft tortilla rolled up with a variety of hand sliced crispy vegetables*				
	Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with				
Miss Ruby's Grill	Grilled Cheese Sandwich Meltdown Café *golden toasted bread with melted gooey cheese pressed and prepared in-house*				
	Available Daily: Grilled Cheese, Veggie Burgers, Hamburger/Cheeseburger (T/TH), Chicken Patties and				
La Cucina	French Bread Pizza *crispy French bread smothered with tomato sauce and melted cheese*				
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza				
Coyote Grill	Nachos with Cheese *creamy cheese layered over a bed of nachos*				
	Available Daily: Nachos, Cripsy and Soft Tacos, Rice, Cheese Sauce and Shredded Cheddar Cheese and				



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