

October 2026

Eastchester High School LUNCH MENU [10-19/10-23]



GRILL

**DELI/
MTO SALAD
BAR**

**WEEKLY
SPECIAL**

GRAB-N-GO

MON	TUES	WED	THURS	FRI
Chicken Patty Deluxe Mac Sauce Waffle Fries Cucumber Slices Melon Wedge	Chicken Dumplings Fried Rice Broccoli Carrot Sticks Apple Slices	Lasagna Beef or Cheese Garlic Bread Green Peas Garbanzo Salad Oranges	General Tso's Chicken Vegetable Fried Rice Cabbage Medley Tomato Wedges Pears	Chicken Tenders Texas Toast Corn Cesear Salad Berry Cup
Chicken and Cheese Or Cheese Quesadilla	Grilled Cheese	Chicken and Cheese Or Cheese Quesadilla	Grilled Cheese	Chicken and Cheese Or Cheese Quesadilla
Egg Salad with Lettuce on a Roll Chicken Cesear Salad	BLT on Sliced Bread Chef Salad	Chicken Ceasar Wrap Quiona Salad with Sweet Potato	Turkey, Apple, Brie and Arugula with Honey Mustard on a Baguette Greek Salad	Chicken Cutlet Pesto Pasta Salad
	<u>Nacho Bar</u> Protein: Ground Turkey, or Beans Toppings: Cheese, Guacamole. Lettuce, Sour Cream, Salsa		<u>Nacho Bar</u> Protein: Ground Turkey, or Beans Toppings: Cheese, Guacamole. Lettuce, Sour Cream, Salsa	
Bosco Sticks and Marinara Veggie of the Day	Chicken and Waffles Veggie of the Day	Fish Filet Sandwich Tartar Sauce Veggie of the Day	Cheese Calzone Veggie of the Day	Sausage and Peppers Veggie of the Day

FREE MEAL INCLUDES:
Fruit/Vegetable: Fresh fruits Basket, vegetables of the day and Baby Carrot available daily
Milk: Hormone/Antibiotic Free Skim, 1%, Whole, and Low-Fat Chocolate,
Juice: 100% Fruit Juice

Deli Bar: MTO
Boars Head Ham, Turkey, Salami, Buffalo Chicken, Breaded or Grilled Chicken,
Tuna Salad, American, Cheddar, Provolone,
Swiss and Pepperjack Cheese
Bread: Variety WG bread Selection
Bagel/Roll- Cream Cheese or Butter

Premade Salads
Meals
Pizza Meal: Cheese or Pepperoni or specialty WG Pizza
Salad Bar: MTO
Grill Meal:
Burger/Cheeseburger, Chicken Patty on WG Bun

A La Carte items:
Yogurt Parfait w/ Fresh Fruit topping and Granola/Overnight Oats
Fresh Fruit cup 9oz
Variety of Healthy Snacks
Variety of Gluten Free and Low Sugar Cereal

Beverages:
Small/Large Water
Sparkling water
Tropicana Juice
Gatorade

Gluten Free Options Available
Local Farm Fruit and Vegetables Based on Availability
Non-High Fructose Corn Syrup

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



This institution is an equal opportunity providers
Menus are subject to change