

November 2026

Eastchester Middle School | LUNCH MENU

EUFSD EASTCHESTER UNION FREE SCHOOL DISTRICT

MEAL OF THE DAY INCLUDES:

Fruit/Vegetable: *Fresh fruits, vegetables offered daily*

Juice: *100% Fruit Juice- Apple, Orange or Fruit Punch*

Milk: *Hormone/Antibiotic Free Skim, 1%, Whole, and Low-Fat Chocolate*

Sandwich Meals:

Boars Head cold cuts:
Ham, Turkey, Salami, American cheese,
SunButter and Jelly Sandwich, Cheese Sandwich

Bagel Meal:

Cream Cheese or Butter, Yogurt, Cheese Stick

Salad Meal:
Chicken Ceasar, Garden Salad

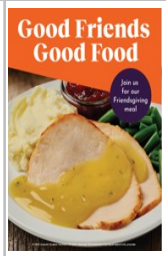
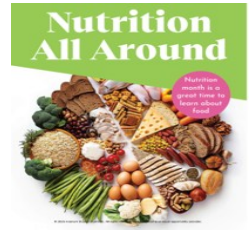
Deli /Salad Bar: Made to Order

Pizza Bar:
Cheese or Pepperoni or Pizza Sticks

Gluten Free and Vegetarian Options upon request Contact FSD 914-793-6130 ex. 4234

Local Farm Fruit and Vegetables Based on Availability

Non- High Fructose Corn Syrup

MON	TUES	WED	THURS	FRI
2 *Chicken and Cheese Quesadilla* Refried *Beans, Guacamole, Salsa, Sour Cream* *Celery Sticks* *Tangerine*	3 **No School Election Day/Superintendent Conference**	 4 Pasta Meat Or Marinara Garlic Bread Rosted Sprouts Arugula Salad Grapes	5 Beef Gyro on Pita Tzatziki Sauce Lettuce, Tomato Cucumber Salad Red Pepper Strips Orange Slice	6 *Chicken Parm Sandwich* *Sautee Spinach* *Baby Carrot* *Fresh Pears*
 9 **LTO of the month!** Sautee Spinach Carrot Sticks Cantaloupe	10 General Tso Chicken Fried Rice Cabbage Medley Edamame Orange Slices	11 ***No School Veteran's Day***	12 French Toast Stick Tots Egg bits Celery Sticks Peach Cup	13 Mac And Cheese Dinner Roll Broccoli *Red Pepper Strips* Honeydew
16 *Burger Bar* *Hamburger or Cheeseburger* *Lettuce, Tomatoes, Onion,* *Potato wedge* *Kiwi Slice*	 17 *Roasted Turkey Breast or Breaded Chicken Drumstick* *Over Mashed Potato's, Roll, Green Beans* Orange slice	 18 *Grilled Cheese* *Broccoli* *Red Pepper strips* *Apple Cider*	19 *Bowtie Pasta* *Grilled Chicken* *Roasted Kale* *Texas Toast* *Cherry Tomatoes* *Grapes*	20 *Kickin` Pinto Bean Beef Taco Bowl* *soft Tortilla* *Cinnamon Churro* *Fiesta Corn* *Salsa ,Sour Cream* *Cucumber Slice* *Pineapple*
23 Boneless Wings Bar BBQ or Plain *Pretzel stick* *Celery/ Carrot Stick* *Garden Salad* *Apple Slice*	24 Dip Dish Pizza Or Pizza Sticks Marinara Dipping Sauce Green Peas Baby Carrot Melon Wedge	25 ***No Lunch Early Dismissal***	26 	27
30 		**MS Monthly Special** **Wednesday** **Nacho Bar Meals**	**NEW to MS** **Friday Ice Cream -Price $2-$3** 	

A La Carte items:

Yogurt Parfait w/ Fresh Fruit topping and Granola -$3
Fresh Fruit cup 9oz -$2.50
Variety of Healthy Snacks (Veggie sticks, Baked Lays Skinny pop, Vegan choices, Annie's Organic bunnies,
Goldfish, Pretzels, Pirates' booty, Sun chips, Cheez-its - $2.00-$2.75
Variety of Gluten Free and Low Sugar Cereal -$2-$3

Beverages:

Small Water -$1 / Large -$2
Sparkly Water - $2.75
Tropicana Juice -$3.00
Horizon Organic milk / Soy milk -$2.50

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





Menus are subject to change.

aramark STUDENT NUTRITION

This institution is an equal opportunity provider.