RALLY CAFE

Choice Breakfast Entrée Fruit/4oz Juice & 8oz Milk

BREAKFAST SERVED DAILY: Choice of: Fresh Made Egg Sandwiches, Bagels, Yogurt Parfaits, All 100% Fruit Smoothies, Assorted WG Cereals, Assorted WG Muffins & more….

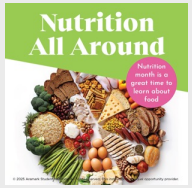
Suffern Central SCHOOL DISTRICT

If student wishes to purchase an additional meal:
Breakfast: $1.95
Lunch: $3.35
Adult Breakfast: $3.62 +tax
Adult Lunch: $5.59 + tax

NOVEMBER 2026

SUFFERN MIDDLE SCHOOL – LUNCH MENU

FREE MEALS
For ALL Suffern Central School District Students
COMIDAS GRATIS
Para Estudiantes de Suffern Central

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **WG Popcorn Chicken Bites** Whole Grain Breadstick Crispy Carrot Coins Cucumber Coins NY Apple	**3** **NO SCHOOL – SUPERINTENDENT CONFERENCE DAY**	**4** **Spaghetti & Meatballs*** WG Dinner Roll Broccoli Bites w/ dip Roasted Zucchini Cantaloupe ***Beef**	**5** **Beef Steak-Ums** Sautéed peppers & onions on a WG Hero Twisty Fries Baked Beans Diced Pears	**6** **Homemade WG Cheese Pizza, Pepperoni* or Specialty or Pizza Sticks** Red Pepper Slices Romaine & Spinach Salad Cranberries *Contains: pork
9 **Grilled Cheese & Homemade Chicken Noodle Soup** Baked Crinkle Fries Roasted Green Beans Apple Slices	**10** **½ DAY – NO LUNCH** 	**11** 	**12** **Chicken or Cheese Quesadillas** Your Choice in a WG tortilla Salsa and Sour Cream for dipping Refried Beans Butternut Squash Spaghetti Blueberries	**13** **Pepperoni CALZONE & Pizza Ranch** Flaky Biscuit Dough filled with ricotta, mozzarella, parmesan, pepperoni and Italian seasonings. Served with a side of Pizza Ranch Romaine & Spinach Salad w/ Cherry Tomatoes Watermelon *Contains: pork
16 **Chicken Wings (boneless)** All white meat, boneless chicken Served with WG Waffle and melted cheese on side Buttery Corn Cucumber Coins Strawberry Applesauce	**17** **Loaded Nachos** Whole Grain Tortilla Chips topped With Seasoned Turkey Taco Meat, Shredded Lettuce, Cheese & Salsa Tangy 3 Bean Salad Red Grapes	**18** **Homemade Macaroni & Cheese** Slice of WG French Bread Caesar Salad Roasted Zucchini & Tomatoes Honeydew Cup	**19** **½ DAY – NO LUNCH** 	**20** **Homemade Pizza** **Choice of: Cheese, Pepperoni * or Specialty or WG Corn Dogs** Broccoli Bites Orange Pepper Strips Pineapple Cup *Contains: pork
23 **BBQ Day** **Hamburgers & Hot Dogs** Baked Sweet Potato Fries Kale Chips Strawberry Pomegranate Cup	**24** **Scoops (WG)** With Seasoned Turkey Taco Meat, Lettuce, Cheese & Salsa, Seasoned Corn & Northern & Kidney Bean Salad Orange Wedges	**25** **Homemade WG Cheese Pizza, Pepperoni* or Specialty or Grilled Cheese** Broccoli Bites Carrot Sticks Pears *Contains: pork	**26** 	**27**
30 **WG Mozzarella Sticks** Baked Twisty Fries Crisp Carrot & Celery Sticks Strawberries		**This months featured Limited Time Offer** 	**AVAILABLE DAILY** American Grilled Cheese Sandwich on WW, Peanut Butter & Jelly on WW, Yogurt Meal or Cheese Sandwich on WW. Assorted Deli Sandwiches & Salads, Parfaits **Pizza served daily: Cheese, Pepperoni (contains Pork & Beef) & Specialty Pies**	**Alternate Daily Choices:** **Monday** Hot Dog, Cheese/Hamburger **Tuesday** Baked Chicken Nuggets with a grain **Wednesday** Hot Dog, Cheese/Hamburger **Thursday** Baked Chicken Poppers with a grain **Friday** Cheese/Hamburger **LUNCH INCLUDES:** Skim Milk, 1% Milk or Fat Free Chocolate Milk/ Vegetable Choice / Fruit Choice / 100% Juice Offered

Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. **If you have any questions or would like additional information, please contact your Food Service Director @ 845-357-7783 ext. 11247**

This institution is an equal opportunity provider.

**Whole Grains offered daily