November 2026

Eastchester High School LUNCH MENU [11/9-11/13]

EASTCHESTER UNION FREE SCHOOL DISTRICT
SOARING TO EXCELLENCE



	MON	TUES	WED	THURS	FRI
	 **LTO of the Month** **Broccoli** **Garbanzo Salad** **Oranges**	**Pancakes, Waffles, or French Toast** **Sausage Links** **Tater Tots** **Cucumber Slices** **Blueberries**	**No School**	**Burger Bar** **Lettuce, Tomato, Onion** **Mushroom Swiss** **Sweet Potatoes** **Carrot Sticks** **Apple Slices**	**Mac and Cheese** **Pretzel Sticks** **Peas** **Garden Salad** **Banana**
GRILL	**Chicken and Cheese** **Or** **Cheese Quesadilla**	**Grilled Cheese**	**Veteran's Day**	**Grilled Cheese**	**Chicken and Cheese** **Or** **Cheese Quesadilla**
DELI/ MTO SALAD BAR	**Chicken Ceaser Wrap** **Greek Salad**	**Chicken Salad on a Roll** **Chef Salad**		**Grilled Chicken Pesto and Roasted Pepper on a Roll** **Greek Salad**	**Chicken Cutlet** **Chicken Ceaser Salad**
WEEKLY SPECIAL		**Nacho Bar** **Protein: Beef, Beans, Cheese** **Toppings: Lettuce, Guacamole, Sour Cream, Salsa**		**Nacho Bar** **Protein: Beef, Beans, Cheese** **Toppings: Lettuce, Guacamole, Sour Cream, Salsa**	
GRAB-N-GO	***New!* Protein Pack** **Grilled Chicken, Hard Boiled Egg, Cheddar Cheese Cubes, and Red Pepper**	**Baked Potatoes** **Veggie of the Day**		**Sweet n' Sour Chicken over Rice and Broccoli** **Veggie of the Day**	**Buffalo Chicken Flatbread** **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

aramark STUDENT NUTRITION

This institution is an equal opportunity providers

Menus are subject to change