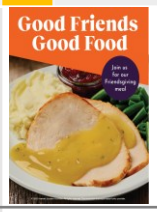
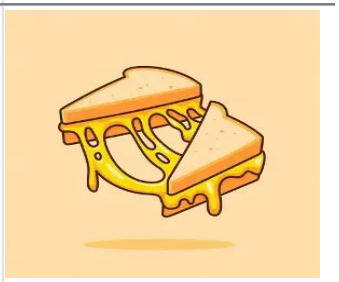


November 2026

Eastchester High School LUNCH MENU [11/16-11/20]

EASTCHESTER UNION FREE SCHOOL DISTRICT
SOARING TO EXCELLENCE

	MON	TUES	WED	THURS	FRI
HOT LINE	Boneless Chicken Wings Texas Toast Broccoli Cucumber Slices Tangerine	Ramen Noodles Chicken or Tofu Cabbage Medley Edamame Orange Slices	 Turkey Roast Gravy Mashed Potatoes Dinner Roll Green Beans Apple Slice	Beef Gyro Warm Pita Tzatziki Sauce Tomato and Cucumber Salad Carrot Sticks Melon	Pork Roast over Rice Mushroom Sauce Spinach Celery Stick Grapes
GRILL	Chicken and Cheese Or Cheese Quesadilla		Chicken and Cheese Or Cheese Quesadilla		Chicken and Cheese Or Cheese Quesadilla
DELI/ MTO SALAD BAR	Grilled Chicken, Pesto Roasted Pepper on a Roll Hummus and Veggie Cup	Italian Combo on a Roll Chef Salad	Buffalo Chicken Wrap Chicken Caesar Salad	Ham and Swiss on a Croissant Pesto Pasta Salad	Chicken Cutlet MTO Salad Bar
WEEKLY SPECIAL		You Pick Two Soup of the Day Or Tomato Soup Grilled Cheese Apple		You Pick Two Soup of the Day Or Tomato Soup Grilled Cheese Apple	
GRAB-N-GO	Chicken Parm Flatbread Veggie of the Day	Sausage and Peppers on Wedge Veggie of the Day	Chicken and Waffles Hot Honey Sauce Veggie of the Day	Broccoli Rabe Grilled Chicken and Mozzarella Panini Veggie of the Day	Chicken Fries with Chipotle Mayo 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