



Mamaroneck Avenue Elementary School - November

Salads: **Mon** – Chef, **Tues** –Tuna Salad, **Wed** –WG Chicken w. Salad, **Thurs** – Veg Baja Salad, **Fri** – Chicken Caesar all served w. Flatbread & Fruit

Lunch pricing...

\$2.80 – Students / \$3.75+Tax - Adults
Reduced =FREE – FRLP* Participants

Lunch Includes:

Protein, Bread/Grain, Vegetable, Fruit and Choice of Fat-Free White, Chocolate or 1% White (8 oz.).

Pay for School Meals.

Myschoolbucks.com

More info...

If you have any questions, please contact Sandra Renken, Food Services Director at (914) 220-3038

*Free or Reduced Lunch Program. To Apply, Visit mamkschools.org/parents-community/food-services.

If your child has a food allergy, please contact your school nurse.

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes Min-Max calories, Saturated Fat, Sodium, specific component offers for all fruits, vegetables, grains, meat/meat alternates and milk.



This institution is an equal opportunity provider.

Daily Lunch Offerings:

Side Salad - 1 Cup Dark, Leafy Greens Topped w/Seasonal Produce
Fruits and Vegetables - A Variety of Fresh Fruits & Vegetables in 1/2 Cup Portions
Sunflower Seed Spread & Grape Jelly Sandwiches on WG Bread
American Cheese Sandwich on WG Bread
Yogurt Parfait: All-Natural Yogurt w/Granola & Fruit

Sandwiches: **Mon** –Breaded Chicken, **Tues**–Turkey & Am , **Wed**– Bologna & Am, **Thurs** –Ham & Swiss, **Fri** – SW Turkey Wrap. All served with Celery + Carrots and Fresh Fruit

**** Water stations are available with all meals*** WG=Whole Grain**

1

Chicken Parmesan Wedge
Cold Rotini Pasta Salad
Steamed Green Bean
Fresh Fruit

2

Burger Bonanza...
Beef Burger or Veggie Patty on Whole Grain Roll
Sliced Lettuce & Tomato Salad
Potato Wedges
Grapes

5

Boneless Chicken Wing Bowl with Mashed Potatoes, Steamed Corn and Topped with Cheddar Cheese
Steamed Green Beans
Fresh Fruit

6

School Closed in Observance of



7

Wellness Wednesday

Pasta with Pink Sauce
WG Breadstick
Roasted Carrots
Fresh Melon Cuts

8

Soft Chicken Tacos (2) with Lettuce & Cheese
Mexican Spiced Rice
Charro Black Beans
Steamed Corn
Fresh Fruit Salad

9

Cheeseburger Meatloaf
Oven Roasted Potatoes
Steamed Broccoli
Grapes

12

School Closed



Honoring Our Veterans

13

Taco Tuesday:

Crunchy Tacos w/Beef or Veggies served with 1oz Cheese & Salsa
Cilantro Brown Rice
Campfire Pinto Beans
Fresh Fruit Salad

14

Wellness Wednesday

WG Three Cheese Macaroni & Cheese
WG Breadstick
Spinach Salad
Carrot Coins
Cantaloupe Cuts

15

Thanksgiving Dinner

Roasted Turkey
Mashed Potatoes w. Gravy
Steamed Green Beans
Apple Crisp

16

Meatball Sub With Parmesan Cheese
Cucumber & Tomato Salad
Grapes

19

Lil' Italy Rice Bowl
WG Chicken Cubes
Served with Italian Rice & Marinara Sauce
Spinach Salad
Banana

20

Villa Maria Pizza
WG Breadstick
BBY Carrots
Apples



21

Happy Thanksgiving!



22

Happy Thanksgiving!



23

Happy Thanksgiving!



26

Chicken Dipp'in
WG Chicken Tenders
choice of Sauces
Oven Baked Fries
Spinach Salad
Banana

27

Beef Nachos with Chips & Cheese Sauce
Yellow rice
Kickin' Beans
Oranges

28

Wellness Wednesday

Baked Ziti w. Ricotta Cheese
WG Breadstick
Steamed Broccoli
Fresh Fruit Salad

29

Brunch
Maple Chicken & Waffle Sandwich
Steamed Corn
Fresh BBy Carrots
Apples

30

Tour of Italy:
Whole Grain Pasta with Traditional Meat Sauce
WG Breadstick
Roasted Cauliflower
Grapes