



Hommocks Middle School MUFSD

November 2018

Additional Midday Meal Options (Offered Daily)

Made to Order Deli Bar*- Boar's Head Lower Sodium Cold Cuts, Reduced Fat Assorted Cheeses, Grilled Chicken (Plain or Barbecue), Tuna or Egg Salad and Fresh Veggies (Lettuce, Tomato and Onion) served on fresh, Whole Grain Bread (Rolls, Wraps, & Sliced WG Bread). Gluten Free Bread must be requested.

Yogurt Parfait: All – Natural Yogurt w/ Granola & Fruit served with Graham Cracker

Salad Bar* – Offerings Include Dark Leafy Greens, Grilled Chicken, Tofu, All-Natural Cheese, Legumes, Corn, Chopped Vegetables, Grains & Assorted Salad Dressings free of HFCS. Served with WG Flatbread,

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
Potatoes Wedges
Grapes

5

General Tso's
Chicken
Oriental Brown Rice
Steamed Green
Beans
Apples

6

Superintendents
Conference Day
No Student's



7

Assorted Pieces of
Oven Baked Chicken
Macaroni & Cheese
Steamed Broccoli
Fresh Fruit

8

Baked Ziti w. Meat
Sauce
Breadsticks
Carrot Coins
Fresh Fruit Salad

9

Philly Cheese Steaks
w. American Cheese
Curley Fries
Fresh Bell Pepper
Strips
Fresh Fruit Salad

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

Fuel Special:

Mac & Cheese
Sweet & Spicy
Doritos
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

Tostitos Scoops served
with Seasoned Chicken
Taco Meat with 2oz
Cheese
Marinated Black Bean
Salad
Yellow Rice
Fruit Salad

21



22



23



26

Chicken Dipp'in

WG Chicken Tenders
choice of Sauces
Rice & Corn Salad
Steamed Broccoli
Banana

27

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

28

Wellness Wednesday

Vegetarian Baked Ziti
WG Breadstick
Steamed Green Beans
Fruit Salad

29

Brunch

Maple Chicken &
Waffle Sandwich
Steamed Corn
Fresh BBY Carrots
Apple

30

Tour of Italy:

Whole Grain Pasta
with Traditional Meat
Sauce
WG Breadstick
Roasted Cauliflower
Grapes

Lunch pricing...

\$3.05 – Students / \$3.75+Tax - Adults

FREE / Reduced– FRLP* Participants

Water Stations are available with all meals

All Lunches Include:

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

This institution is an equal opportunity provider.

If you have any questions, please contact Sandra Renken, Food
Service Director at (914) 220-3038 or Renken-sandra@aramark.com

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

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

