



# Mamaroneck High 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  
[mamskschools.org/parents-community/food-services](http://mamskschools.org/parents-community/food-services).

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

