

**Fox Lane High & Middle  
School Lunch Menu  
October 2021**  
1<sup>st</sup> lunch for all students  
is FREE!!

Adult Lunch \$4.03 Plus Tax

Fresh Fruit or Yogurt Parfait  
Made Daily  
As a Meal  
¾ cup of carrot Sticks  
One cup Salad  
Whole Grain Roll  
Offered with all meals  
Also Offered Daily  
Made to Order  
Boar's Head Deli

**Grill Features**

Burgers & Grilled Cheese Daily wrap  
Specials

<b>Monday</b>	<b>Thursday</b>
Chicken & Cheese	Chicken Parmigiana
<b>Tuesday</b>	<b>Friday</b>
Buffalo Chicken	Chicken & Cheese
<b>Wednesday</b>	
Chicken Bacon Ranch	

\*\*All Lunches Must Include Choice of Fruit or 100% Fruit Juice and/or Vegetable



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (800) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6113 (Spanish). USDA is an equal opportunity provider and employer.

**Food Service Director**  
Fran Cortina  
914-241-6038

\*\*Items subject to change\*\*

**Food Allergies? If you have a food allergy, please speak to the manager, chef, or your server.**



**Available Daily:**  
Low Fat Milk  
Fat Free White &  
Chocolate Milk  
  
(T)- Turkey  
(P)- Pork

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4 **Chicken Fajitas**  
Served with Brown Rice  
Roasted Red Peppers & Onions  
Apples  
8oz Milk

5 **Meatball Hero**  
**Homemade Meatballs Over Pasta**  
Classic Vegetable Medley  
Sweet Grapes  
8oz Milk

6 **Turkey Dinner**  
Roasted Turkey  
Dinner Roll  
Mashed Potatoes  
Brussel Sprouts  
Applesauce  
8oz Milk

7 **Nachos**  
Tortilla Chips with Ground Beef  
Shredded Cheese  
Shredded Lettuce  
Salsa & Black Bean Salad  
Mixed Berries  
8oz Milk

8 **Chicken Parmigiana**  
**Over pasta**  
Roasted Broccoli  
Orange  
8oz Milk

11 **Columbus Day**  
**No School**  


12 **Brunch for Lunch**  
French toast  
Sausage(T)  
Oven Baked Tater Tots  
Unsweetened Applesauce  
8oz Milk

13 **Pasta Mania**  
Alfredo, Marinara, Meat and Butter Sauces  
Garlic Bread  
Caesar Salad  
Grapes  
8oz Milk

14 **Turkey Dinner**  
Roasted Turkey  
Dinner Roll  
Mashed Potatoes  
Brussel Sprouts  
Applesauce  
8oz Milk

15 **Burgers or Chicken**  
Corn  
Cantaloupe  
8oz Milk

18 **Chicken Fajitas**  
Served with Brown Rice  
Roasted Red Peppers & Onions  
Apples  
8oz Milk

19 **BBQ Pork Ribs**  
**On WG Roll**  
Vegetable Medley  
Sweet Pineapple  
8oz Milk

20 **Cheese Ravioli**  
Served with Marinara Sauce  
Garlic Bread  
Steamed Broccoli  
Oranges  
8oz Milk

21 **½ Day**  
**No Lunch**

22 **Parent/ Teacher Conference**  
**No School**

25 **Buffalo Chicken**  
Chicken Tossed in Buffalo Sauce served over rice  
Roasted Potatoes  
Sweet Honeydew  
8oz Milk

26 **Macaroni & Cheese**  
Made from Scratch  
Served with WG Dinner Roll  
Red Pepper Slices  
Sweet Orange  
8oz Milk

27 **Meatball Hero**  
**Homemade meatballs On WG Hero**  
Roasted Broccoli  
Sweet Grapes  
8oz Milk

28 **Nachos**  
Tortilla Chips with Ground Beef  
Shredded Cheese  
Shredded Lettuce  
Salsa & Black Bean Salad  
Fruit Salad  
8oz Milk

29 **Oven Roasted Chicken**  
Whole Grain Dinner Roll  
Cauliflower  
Sweet Pears  
8oz Milk

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch

& School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.