



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

refresh. refuel. relax.

Fox Lane High & Middle School Lunch Menu

September 2022

Student Lunch \$3.50

Adult Lunch \$5.02 Including Tax

Fresh Fruit or Yogurt Parfait Made Daily

As a Meal

¾ cup of carrot Sticks

One cup Salad

2OZ Whole Grain Roll

Offered with all meals

Also Offered Daily

Boar's Head Deli, W/ 4oz Veggie, 4oz Fruit
Salad Meal w/2oz whole wheat roll
Pizza Meal

Grill Features

Burgers & Grilled Cheese Daily wrap
Specials

Monday	Thursday
Chicken & Cheese	Chicken Parmigiana
Tuesday	Friday
Buffalo Chicken	Chicken & Cheese

Wednesday

Chicken Bacon Ranch
2oz dinner roll offered

**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 (866) 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) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



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1
Welcome back to a BBQ
Chicken, Burgers & Turkey Hotdogs on a Bun
Carrots
Watermelon
8oz Milk

2
Nachos
Tortilla Chips with Ground Turkey, Shredded Cheese, Lettuce, Salsa
Black Bean Salad
Sweet Pears
8oz Milk

5
**Labor Day
No School**

8
BBQ Chicken
Whole Grain
2oz Dinner Roll
Green Beans
Sweet Pears
8oz Milk

9
Baked Macaroni & Cheese
Garlic Bread
Roasted Sweet Potatoes
Bananas
8oz Milk

10
Nachos
Tortilla Chips with Ground Turkey Shredded Cheese Shredded Lettuce Salsa & Black Bean Salad
Bananas
8oz Milk

11
BBQ
Chicken, Burgers & Turkey Hotdogs on a Bun
Potato Salad
Sweet Corn
Watermelon
8oz Milk

14
Chicken Tenders
Served with Brown Rice
Roasted Broccoli
Cantaloupe
8oz Milk

15
BBQ Pork Ribs
On a Whole Wheat Wedge
Tomato & Cucumber Salad
Apples
8oz Milk

16
Spaghetti & Meatballs
Ground Beef Meatballs Served over Spaghetti
Garlic Bread
Steamed Broccoli
Sweet Grapes
8oz Milk

17
Nachos
Tortilla Chips with Ground Turkey Shredded Cheese Shredded Lettuce Salsa & Black Bean Salad
Fruit Salad
8oz Milk

18
BBQ
Chicken, Burgers & Turkey Hotdogs on a Bun
German Potato Salad
Sweet Corn
Watermelon
8oz Milk

21
**Meatball Parm Hero
On a Wedge**
Roasted Broccoli
Sweet Grapes
8oz Milk

22
Pizza Rolls
Spinach & Cheese
Wrapped in Whole Wheat
Pizza Dough
Roasted Carrots
Sweet Pineapple
8oz Milk

23
Pasta Bolognese
Garlic Bread
Green Beans
Banana
8oz Milk
Or
**Aramark's Promotion
Harvest Grain Bowl
Quinoa, Lentils, Sweet Potatoes & Broccoli**

24
Nachos
Tortilla Chips with Ground Turkey Shredded Cheese Shredded Lettuce Salsa & Black Bean Salad
Fruit Salad
8oz Milk

25
BBQ
Chicken, Burgers & Turkey Hotdogs on a Bun
German Potato Salad
Sweet Corn
Watermelon
8oz Milk

28
**Rosh Hashanah
No School**

29
**Rosh Hashanah
No School**

30
Honey Golden Roasted Chicken
2oz Whole Grain Dinner Roll
Green Bean Salad
Baked Beans
Sweet Pears
8oz Milk

31
Nachos
Tortilla Chips with Ground Turkey Shredded Cheese Shredded Lettuce Salsa & Mexican Corn Salad
Bananas
8oz Milk

Food Service Director
Fran Cortina
914-241-6038

Available Daily:
Low Fat Milk
Fat Free White Milk & Chocolate 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.