



2024

April

Rye Neck Middle & High School – Lunch Menu

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1 2 3 4 5

Hot Food Station, \$3.00 Lunch Adults \$5.03 + Tax
Enjoy the taste of homemade-quality meals from our daily hot food station!

Check in For Chef Simona's Specials Email kczyzak@ryeneck.org	Burger Bar Beef, Turkey, or Veggie Burger with Bacon, Cheese, Lettuce, Tomato, Onion, Pickle on a WG Bun	Gen Tso Chicken with Scallion Vegetable Fried	Greek Gyro Bar: Chicken or Beef with Pita, Lettuce, Tomato, Onion, Tzatziki, Hummus	Chicken Tikka Masala W Rice & Warmed Pita
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Pasta Bar Station, \$3.00 Lunch Adults \$5.03 + Tax
Every pasta meal comes with a Whole Grain breadstick or dinner roll or garlic bread

	Spaghetti and Meatballs in Marinara w WG Garlic Bread	Buttered Pasta Choice of Marinara or Bolognese Sauce Grilled Chicken Strips WG Bread Stick	Pasta Alfredo Pasta w a Creamy Alfredo Sauce & Chicken w WG Garlic Bread	Chicken Lo Mein W Teriyaki Sauce Served w WG Dinner Roll
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Grill Lunch \$3.00 Lunch Adults \$5.03 + Tax

	Chicken Caesar Wrap (served cold)	Chicken, Bacon & Ranch Flatbread	Spicy Chicken On a WG Bun	Beef or Vegetarian Burger on WG Bun with Lettuce, Tomato, Onion or Cheese
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Pizza Station, \$3.00 Lunch Adults \$5.03 + Tax
In addition to regular cheese pizza, we now feature specialty pies, including:

	Cheese Flatbread Pizza	Pepperoni	Sausage	Pepperoni & Cheese Stromboli
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Daily Vegetable & Fruit* Selections
**We offer a fruit of the day (see below) along with additional fresh and 100% juice selections.*

	French Fries Roasted Cauliflower Romaine Side Salad Fresh Apple Fresh Orange	French Fries Roasted Radish Steamed Broccoli Fresh Grapefruit	French Fries Steamed Carrots Green Bean Salad Fresh Apple	French Fries Sweet Corn Spinach Salad Fresh Banana
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Available Daily

MTO Deli Bar
 All Natural Boar's Head Turkey, Ham, Buffalo Chicken, Grilled Chicken Breast, Breaded Chicken, Assorted Cheese & Toppings Served on choice of breads, rolls & wraps with option of grilling
\$4.00

MTO Salad Bar
 Fresh mixed greens or romaine, seasonal veggies, choice of proteins, toppings and dressings w WG Roll
\$4.00

Daily Grab & Go Sandwiches, Burgers, Pizza, Variety of Salads

Fresh Fruit & Vegetable Bar Available Daily

Milk
 Skim, 1% Low-Fat Milk, or Skim Chocolate Milk
 Hormone Free
 No High Fructose Corn Syrup



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 and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk. This institution is an equal opportunity provider and employer.

**If you have any questions or comments, please call the Food Service Department at 914-777-4845.
 Kaycee Czyzak FSD**

Menus are subject to change without notice.





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April

Rye Neck High & Middle School – Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8		9		10		11		12	
Hot Food Station, \$3.00 Lunch Adults \$5.03 + Tax <i>Enjoy the taste of homemade-quality meals from our daily hot food station!</i>									
Chicken Tenders with Rice & Thai Sate Sauce	Ramen Noodle Bowl Noodles, Chicken or Veggie Broth w Seasonings, Scallion Garnish	Baked Potato Bar Choice of Toppings Shredded Cheddar, Scallion, Sour Cream, Bacon Bits	Tostitos Nachos Seasoned Ground Beef, Tortilla Chips, Shredded Cheddar, Lettuce, Pico de Gallo Mexicali Rice	Chicken Fajitas WG Tortilla, Seasoned Chicken, Peppers & Onions, Salsa					
Pasta Bar Station, \$3.00 Lunch Adults \$5.03 + Tax <i>Every pasta meal comes with a Whole Grain breadstick or dinner roll or garlic bread</i>									
Baked Ziti w WG Garlic Texas Toast	Pasta Primavera w Marinara & Chicken WG Breadstick	Pasta w Alfredo Sauce & Chicken Garlic Toast	Spaghetti w Meatballs w WG Dinner Roll	Penne Vodka w Grilled Chicken WG Dinner Roll					
Grill Lunch \$3.00 Lunch Adults \$5.03 + Tax									
Triple Decker Grilled Cheese On WG Bread	Cheese Panini With Pesto Sauce	Breaded Chicken On a WG Bun	Pepperoni or Cheese Stromboli	BLT on WG Toasted Bread					
Pizza Station, \$3.00 Lunch Adults \$5.03 + Tax <i>In addition to regular cheese pizza, we now feature specialty pies, including:</i>									
Buffalo Chicken	Pepperoni	Red Peppers & Onions	Ham & Cheese Stromboli	Chicken, Ranch					
Daily Vegetable & Fruit* Selections <i>*We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.</i>									
French Fries Chickpeas Steamed Broccoli Fresh Apple Fresh Pear	French Fries Roasted Radish Steamed Broccoli Fresh Grapefruit	French Fries Greek Salad Roasted Winter Squash Fresh Peach Fresh Plum	Sweet Potato Fries Roasted Garbanzo Fresh Plum Fresh Grapes	French Fries Roasted Red and Green Peppers Fresh Grape Fresh Apple					

Available Daily

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All Natural Boar's Head Turkey, Ham, Buffalo Chicken, Grilled Chicken Breast, Breaded Chicken, Assorted Cheese & Toppings Served on choice of breads, rolls & wraps with option of grilling
\$4.00

MTO Salad Bar
Fresh mixed greens or romaine, seasonal veggies, choice of proteins, toppings and dressings w WG Roll
\$4.00

Daily Grab & Go Sandwiches, Burgers, Pizza, Variety of Salads

Fresh Fruit & Veggie Bar Available Daily

Milk
Skim, 1% Low-Fat Milk, or Skim Chocolate Milk
Hormone Free
No High Fructose Corn Syrup



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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

15 16 17 18 19

Hot Food Station, \$3.00 Lunch Adults \$5.03 + Tax
Enjoy the taste of homemade-quality meals from our daily hot food station!

Chicken Fajitas WG Tortilla, Seasoned Chicken, Peppers & Onions, Salsa	Ramen Noodle Bowl Noodles, Chicken or Veggie Broth w Seasonings, Scallion Garnish	Baked Potato Bar Choice of Toppings Shredded Cheddar, Scallion, Sour Cream, Bacon Bits	Chicken Tenders with Rice & Thai Sate Sauce	Tostitos Nachos Seasoned Ground Beef, Tortilla Chips, Shredded Cheddar, Lettuce, Pico de Gallo Mexican Rice
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Pasta Bar Station, \$3.00 Lunch Adults \$5.03 + Tax
Every pasta meal comes with a Whole Grain breadstick or dinner roll or garlic bread

Penne Vodka w Grilled Chicken WG Dinner Roll	Pasta w Alfredo Sauce & Chicken Garlic Toast	Pasta Primavera & Chicken WG Breadstick	Baked Ziti w WG Garlic Texas Toast	Spaghetti w Meatballs w WG Dinner Roll
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Grill Lunch \$3.00 Lunch Adults \$5.03 + Tax

BLT on WG Toasted Bread	Cheese Panini With Pesto Sauce	Breaded Chicken On a WG Bun	Triple Decker Grilled Cheese On WG Bread	Pepperoni or Cheese Stromboli
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Pizza Station, \$3.00 Lunch Adults \$5.03 + Tax
In addition to regular cheese pizza, we now feature specialty pies, including:

Broccoli	Chicken Ranch	Buffalo Chicken	Ham & Cheese Stromboli	Italian Sausage
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Daily Vegetable & Fruit* Selections
**We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.*

French Fries Roasted Cauliflower Golden Corn Fresh Apple Fresh Plum	French Fries Sweet Potato Fries Fresh Orange Fresh Grapes	French Fries Steamed Broccoli Steamed Carrots Fresh Watermelon Fresh Pear	Tater Tots Peppers & Onions Romaine Salad Sweet Corn Fresh Apple	French Fries Black Beans Fresh Peach Mandarin Orange
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Available Daily

MTO Deli Bar
 All Natural Boar's
 Head Turkey, Ham,
 Buffalo Chicken,
 Grilled Chicken
 Breast, Breaded
 Chicken, Assorted
 Cheese & Toppings
 Served on choice of
 breads, rolls & wraps
 with option of grilling
\$4.00

MTO Salad Bar

Fresh mixed greens
 or romaine,
 seasonal veggies,
 choice of proteins,
 toppings and
 dressings w
 WG Roll
\$4.00

Daily Grab & Go
 Sandwiches,
 Burgers, Pizza,
 Variety of Salads

Fresh Fruit & Vegetable Bar
 Available Daily

Milk
 Skim, 1% Low-Fat
 Milk, or Skim
 Chocolate Milk
 Hormone Free
 *No High Fructose Corn
 Syrup*



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
22	23	24	25	26	
Hot Food Station, \$3.00 Lunch Adults \$5.03 + Tax <i>Enjoy the taste of homemade-quality meals from our daily hot food station!</i>					
School Closed	School Closed	Chicken Parmesan with Mashed Potatoes	BBQ Pulled Pork Sandwich w Coleslaw	Homemade Pancakes, Turkey Sausage	Available Daily MTO Deli Bar All Natural Boar's Head Turkey, Ham, Buffalo Chicken, Grilled Chicken Breast, Breaded Chicken, Assorted Cheese & Toppings <i>Served on choice of breads, rolls & wraps with option of grilling \$4.00</i> MTO Salad Bar Fresh mixed greens or romaine, seasonal veggies, choice of proteins, toppings and dressings w WG Roll \$4.00 Daily Grab & Go Sandwiches, Burgers, Pizza, Variety of Salads <i>Fresh Fruit & Vegetable Bar Available Daily</i> Milk Skim, 1% Low-Fat Milk, or Skim Chocolate Milk <i>*Hormone Free* *No High Fructose Corn Syrup*</i>
Pasta Bar Station, \$3.00 Lunch Adults \$5.03 + Tax <i>Every pasta meal comes with a Whole Grain breadstick or dinner roll or garlic bread</i>					
		Penne Vodka Fresh Baked Biscuit	Pasta Sauteed with Garlic & Oil Garlic Knots	Mac & Cheese Served with WG Garlic Bread	
Grill Lunch \$3.00 Lunch Adults \$5.03 + Tax					
School Closed	School Closed	Grilled Vegetable Panni	Pepperoni or Cheese Stromboli	Cuban Sandwich on Toasted Panin	
Pizza Station, \$3.00 Lunch Adults \$5.03 + Tax <i>In addition to regular cheese pizza, we now feature specialty pies, including:</i>					
		White Pizza with Fresh Tomato	Broccoli	Peppers & Onions	
Daily Vegetable & Fruit* Selections <i>*We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.</i>					
		French Fries Roasted Red and Green Peppers Fresh Grape Fresh Apple	French Fries Sweet Orange Glazed Carrots Fresh Apple	French Fries Roasted Brussels Sprouts Potato Homefries Fresh Apple	

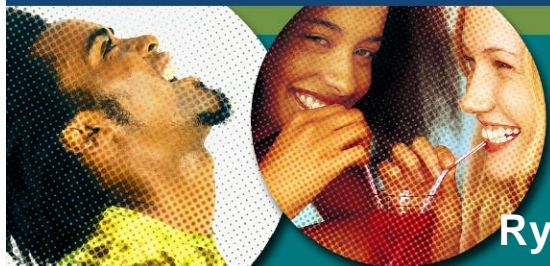


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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29

30

Hot Food Station, \$3.00 Lunch Adults \$5.03 + Tax
Enjoy the taste of homemade-quality meals from our daily hot food station!

Chicken & Cheese Quesadilla, Peppers, Onions Pico De Gallo

Philly Cheese Steak Peppers, Mushrooms, Onions

Pasta Bar Station, \$3.00 Lunch Adults \$5.03 + Tax
Every pasta meal comes with a Whole Grain breadstick or dinner roll or garlic bread

Alfredo Pasta Grilled Chicken Bread Stick

Cheese Ravioli with Bolognese Sauce Dinner Roll

Grill Lunch \$3.00 Lunch Adults \$5.03 + Tax

Flat Bread Pizza

Buffalo Chicken & Cheese Wrap

Pizza Station, \$3.00 Lunch Adults \$5.03 + Tax
In addition to regular cheese pizza, we now feature specialty pies, including:

Pepperoni

Mushroom

Daily Vegetable & Fruit* Selections
**We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.*

French Fries
 Roasted Broccoli
 Fresh Orange
 Fresh Apple

French Fries
 Chickpea & Spinach
 Fresh Banana
 Fresh Grapes

Available Daily

MTO Deli Bar

All Natural Boar's Head Turkey, Ham, Buffalo Chicken, Grilled Chicken Breast, Breaded Chicken, Assorted Cheese & Toppings
 Served on choice of breads, rolls & wraps with option of grilling
\$4.00

MTO Salad Bar

Fresh mixed greens or romaine, seasonal veggies, choice of proteins, toppings and dressings w WG Roll
\$4.00

Fresh Fruit & Vegetable Bar Available Daily

Milk

Skim, 1% Low-Fat Milk, or Skim Chocolate Milk
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