



2024

May

Rye Neck High & Middle School – Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7		8		9		10	
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	Chicken Ramen Noodle Bowl w Seasonings, Scallion Garnish	Baked Potato Bar Choice of Toppings Shredded Cheddar, Scallion, Sour Cream, Buffalo Chicken, Biscuit	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>									
Penne Vodka w Grilled Chicken WG Dinner Roll	Pesto Pasta w Grilled Chicken WG Garlic Knot	Homemade Lasagna WG Dinner Roll	Pasta w Alfredo Sauce & Chicken WG Garlic Toast	Pasta Primavera & Chicken WG Breadstick					
Grill Lunch \$3.00 Lunch Adults \$5.03 + Tax									
Triple Decker Grilled Cheese On WG Bread	Pepperoni or Cheese Stromboli	Breaded Chicken On a WG Bun	Cheese Panini with Pesto	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 Sautéed Green Beans Fresh Apple Fresh Pear	French Fries Roasted Radish Steamed Sweet Corn Fresh Grapefruit Fresh Pear	French Fries Greek Salad Steamed Broccoli Fresh Strawberry Fresh Plum	Sweet Potato Fries Roasted Garbanzo Fresh Orange Fresh Grapes	French Fries Sautéed Red and Green Peppers Fresh Grape Fresh Apple					

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 & Veggie 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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May

Rye Neck High & Middle School – Lunch Menu

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

13 14 15 16 17

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

Popcorn Chicken & Mashed Potato Bowl w Gravy	Greek Gyro Bar: Chicken or Beef with Pita, Lettuce, Tomato, Onion, Tzatziki, Hummus	Curry Chicken w Rice and Warmed Pita Bread	Soft Shell Taco Seasoned Beef, Shredded Cheddar, Salsa, Guacamole, Sour cream	BBQ or Plain Pulled Pork Sandwich Homemade Coleslaw
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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

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

Beef Burrito w Rice, Beans & Cheese	Pesto, Provolone & Roasted Red Peppers Panini	Beef or Vegetarian Burger on WG Bun with Lettuce, Tomato, Onion or Cheese	Chicken, Bacon & Ranch Flatbread	Meatball Parmesan Grinder WG Roll
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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 Carrots & Squash Golden Corn Fresh Apple Fresh Plum	French Fries Sweet Potato Fries Fresh Orange Fresh Grapes	French Fries Curry Chickpeas 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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\$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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Rye Neck Middle & High School – Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	21	22	23	24
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>				
Boneless Wing Bar Choice of BBQ, Plain, Hot	Beef Gyro With Pita, Tzatziki, Homemade Hummus, Feta Cheese	Chicken Parmesan with Mashed Potatoes	Teriyaki Chicken with Vegetable Fried Rice	School
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>				
Buttered Pasta With Breaded Chicken Baked Pita Wedge	Mac & Cheese Served with WG Garlic Bread	Penne Vodka Dinner Roll	Spaghetti with Marinara and Meatballs Garlic Knots	
Grill Lunch \$3.00 Lunch Adults \$5.03 + Tax				
Grilled Vegetable Panni	Cuban Sandwich on Toasted Panini	Philly Cheese Steak Peppers, Mushrooms, Onions	Pepperoni or Cheese Stromboli	Closed
Pizza Station, \$3.00 Lunch Adults \$5.03 + Tax <i>In addition to regular cheese pizza, we now feature specialty pies, including:</i>				
Mushroom	Peppers & Onions	White Pizza with Fresh Tomato	Broccoli	
Daily Vegetable & Fruit* Selections <i>*We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.</i>				
Sweet Potato Fries Celery & Carrot Sticks Buffalo Cauliflower Fresh Pear	French Fries Roasted Brussels Sprouts Green Beans Fresh Apple Fresh Pear	French Fries Steamed Broccoli Fresh Grape Fresh Apple	French Fries Sweet Orange Glazed Carrots Fresh Banana Fresh Orange	

**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
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Milk
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Syrup**



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	31

Hot Food Station, \$3.00 Lunch Adults \$5.03 + Tax
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School	Chicken Tikki Masala w Rice and Warmd Pita	Chicken & Cheese Quesadilla, Peppers, Onions Pico De Gallo	Roasted Bone in Chicken with Fresh Baked Southern Biscuit	Breaded Mozzarella Sticks w Marinara Dipping Sauce
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Pasta Bar Station, \$3.00 Lunch Adults \$5.03 + Tax
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	Cheese Ravioli with Bolognese Sauce Dinner Roll	Pasta with Choice of Bolognese or Marinara Sauce Garlic Bread	Linguini with Vodka Sauce and Meatballs Dinner Roll	Alfredo Pasta Grilled Chicken Bread Stick
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Grill Lunch \$3.00 Lunch Adults \$5.03 + Tax

Closed	Buffalo Chicken & Cheese Wrap	Breaded Chicken Cutlet BLT	Pepperoni Stromboli	Spicy Chicken Breast on Kaiser Roll
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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:

Pepperoni	Pepper & Onion	Buffalo Chicken	Spinach & Tomato
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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 Chickpea & Spinach Fresh Banana Fresh Grapes	French Fries Sauteed Peppers and Onion Chickpea Salad Fresh Orange Fresh Grapes	French Fries Roasted Broccoli Sweet Corn Fresh Apple Fresh Watermelon	French Fries Roasted Cauliflower Spinach Salad Fresh Apple Fresh Plum
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