

FOOD FUN

2022



September

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5	Labor Day No School	6	Oven Baked Chicken Nuggets Brown Rice Steamed Corn Celery Sticks Fresh Orange	7	Chicken Patty on a Bun Oven Baked French Fries Baby Carrots Fresh Apple	8	Elbow Pasta with Meat Sauce or Marinara Sauce Steamed Broccoli Cucumber Slices Orange Wedges	9	Fresh Baked Cheese Pizza Steamed Carrots Tossed Garden Salad with Ranch Dressing Applesauce with Cinnamon
12	Hamburger, Cheeseburger or Veggie Burger Vegetarian Baked Beans Celery Sticks Fresh Apple	13	Oven Baked Popcorn Chicken Brown Rice Steamed Carrots Celery Sticks Orange Wedges	14	Brunch for Lunch! French Toast Sticks Scrambled Eggs Baked Potato Rounds Baby Carrots Fresh Banana	15	Homemade Macaroni & Cheese Steamed Mixed Vegetables Red Peppers Fresh Apple	16	French Bread Pizza Steamed Carrots Tossed Garden Salad with Low-Fat Ranch Dressing Applesauce with Cinnamon
19	Hot Dog Vegetarian Baked Beans Baby Carrots Fresh Apple	20	Oven Baked Chicken Tenders Brown Rice Steamed Corn Celery Sticks Fresh Orange	21	Fiesta Nachos Seasoned Turkey Baked Chips Shredded Cheese & Salsa Steamed Corn Black Bean Salad Fresh Banana	22	Penne Pasta with Meat Sauce or Marinara Sauce Steamed Green Beans Garbanzo Beans Orange Wedges	23	Fresh Baked Cheese or Veggie Pizza Steamed Carrots Tossed Caesar Salad Applesauce with Cinnamon
26	Rosh Hashanah No School	27	Rosh Hashanah No School	28	Pizza Sticks with Marinara Sauce Steamed Broccoli Baby Carrots Fresh Banana	29	Elbow Pasta with Meat Sauce or Marinara Sauce Steamed Broccoli Cucumber Slices Orange Wedges	30	Pizza Bagel Baked Potato Wedges Tossed Garden Salad with Low-Fat Italian Dressing Fresh Pear

All Lunches Include Choice of:
Fruit, 100% Fruit Juice and Vegetable

And:

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

Lunch Alternatives Available Daily:

Yogurt/Bagel Lunch
Yogurt, String Cheese, Bagel, Veggie & Fruit

Boar's Head Sandwich Lunch
Turkey & Cheese,
Ham & Cheese,
Or Cheese
with Veggie & Fruit

Salad Lunch
Salad, Protein, & Fruit

Welcome Back Byram Hills!

Menu analyzed by a Registered Dietitian,
Bryan Bischof
MS, RD

Menus are subject to change without notice.