



Eastchester High School Lunch Menu September 2024

		4 Macaroni & Cheese Green Beans Breadstick Apple Slices	5 General Tsos Chicken Veggie Fried Rice Steamed Carrots Pineapple Wedges	6 Bone-in BBQ Chicken Seasoned Corn Fresh Apple
9 Soft Beef Tacos Seasoned Corn Fresh Apple	10 Chicken Parm on a Roll Garden Salad Roasted Cauliflower Fresh Pear	11 Brunch for Lunch French Toast Scrambled Eggs & Hash Brown Pancake Syrup Fresh Grapes	12 Popcorn Chicken Bowl w/ Cheese Mashed Potato Steamed Corn Fresh Pear	13 Philly Cheese Steak on a Roll Tater Tots WG Breadstick Apple Slices
16 Meatball Wedge on a Roll Baby Carrots Fresh Cantaloupe	17 Chicken Alfredo Pasta Garlic Bread Steamed Green Beans Fresh Orange	18 Teriyaki Chicken Veggie Fried Rice Steamed Broccoli Fresh Fruit Salad	19 Loaded Tater Tots and Popcorn Chicken Fresh Apple	20 Cheesy Breadsticks with Marinara Sauce Fresh Baby Carrot Fresh Apple Fresh Apple
23 Cheesy Baked Penne Green Salad Mixed Fruit Cup	24 Sausage, Peppers, and Onions on a Roll French Fries Tomato Wedges Fresh Banana	25 Beef Nachos Tomato Wedges Black Bean Salad Fresh Grapes	26 Quesadilla Burger French Fries Fresh Apple	27 Spicy Popcorn Chicken French Fries Celery Sticks Mixed Fruit Cup
30 Mini Beef Sliders Seasoned Corn Apple Slices				

More info...

Milk Offering (all 1 c serving): 1% White, Fat Free White, or Fat Free Chocolate (all antibiotic & hormone free).
Fruit Offering (all 1/2c serving): Apple, orange, seasonal fresh fruit, or 100% Fruit Juice (apple, orange, grape, or fruit punch).

Two fruit choices will be available daily.

Lunch Alternatives Available Daily Made to Order Sandwich Lunch (Sliced Deli Meats & Cheese, Tuna & Chicken Salad with Veggie & Fruit)

Salad Lunch (Salad, Protein, & Fruit)

Daily Grill Offerings: Chicken nuggets*, chicken patty or spicy chicken patty on a bun, hamburger/cheeseburger on a bun, cheese, or pepperoni (P) pizza

MTO Bar: Taco Bar, Pizza Bar, Deli & Salad

Please Note: (WG) denotes whole grain; (P) denotes item may contain pork.

