



Tuckahoe UFSD MS/HS SCHOOL | Breakfast MENU

September 2026

Available Daily: Fresh WG Bagel w/ cream cheese or butter. Fresh Baked Muffin: Blueberry, Chocolate Chip. Yogurt Parfait w/ Granola, Assorted WG Reduced Sugar Cereal with Graham Cracker Goldfish. Apples and Oranges. 100 % Fruit Juice: Apple, Fruit Punch, Grape. Choice of 1%, Skim, Fat-Free Chocolate and Lactose Free Milk

(P)Pork

Free Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Students are entitled to receive 1 Reimbursable Breakfast and Lunch Daily At No Cost. Second Meal Price: Breakfast \$2.10 Lunch \$3.90 Adult Price: \$5.20 + tax	Superintendent Conference Day		Oatmeal Banana Chocolate Chip Breakfast Round OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 3	Cinnamon Breakfast Bun OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 4
LABOR DAY	Cinnamon Sugar Churro Bites OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 8	Waffle Wednesday OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 9	Turkey Sausage Pancake Wrap OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 10	Blueberry Muffin Square OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 11
French Toast Sticks OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 14	Turkey Sausage Pancake Wrap OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 15	Waffle Wednesday OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 16	Cinnamon Sugar Churro Bites OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 17	WG Plain or Cinnamon Sugar Donut. OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese on a WG Roll 18
HAPPY Yom Kippur	Cheesy Egg & Tater Tot Breakfast Taco OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 22	Waffle Wednesday OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 23	Oatmeal Banana Chocolate Chip Breakfast Round OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 24	Cheesy Egg & Tater Tot Breakfast Taco OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 25
Blueberry Muffin Top OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 28	Pancake Bites OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 29	Waffle Wednesday OR Egg & Cheese / Low Sodium Bacon(p) Egg & Cheese On WG Roll 30	Menus are subject to change without notice. Questions regarding this menu, or dietary concerns please contact Food Service Director, Kiana Whitehead at (914)906-4741	



Free Lunch

Tuckahoe UFSD MS/HS SCHOOL | LUNCH MENU September 2026

Available Daily: Sandwich Meal Made to order Deli Bar (Boar's Head) - Choice of meat/cheese, served on whole grain bread, wrap or roll, includes vegetables, fruit/juice.

Salads A daily selection of fresh produce, vegetables, meats & croutons served with fruit/juice Served Daily: Hamburger/ Cheeseburger (Beef) Meal, Chicken Patty Meal, Chicken Tender Meal/ Chicken Nugget Meal, Pizza Meal, Yogurt Parfait w/Granola Meal. Fruit Smoothie w/ Graham Cracker. Choice of 1%, skim, fat-free chocolate and lactose free milk available daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Students are entitled to receive 1 Reimbursable Breakfast and Lunch Daily At No Cost. Second Meal Price: Breakfast \$2.10 Lunch \$3.90 Adult Price: \$5.20 + tax			Garlic Chicken Lo Mein Bowl Steamed Broccoli Baby Carrots Fresh Watermelon 3	Gochujang Hot Honey Chicken Sandwich WG Bun Steamed Corn Celery Sticks Diced Peaches 4
	Pizza Sticks w Marinara Sauce Baked Vegetarian Beans Red Pepper Strips Watermelon Cubes 8	Mexican Street Corn Macaroni and Cheese w/ Premium Chicken Nuggets Steamed Green Beans Baby Carrots Mixed Berry Cup 9	Philly Cheesesteak w/ Sauteed Peppers & Onions On WG Club Roll Steamed Carrots Side Garden Salad Honeydew Melon 10	Bean & Cheese Burrito (WG) Black Beans Red Pepper Strips Fresh Apples 11
Pasta & Meat Sauce(B) WG Dinner Roll Steamed Green Beans Fresh Carrot & Celery Sticks Diced Pear Cup 14	Beef Tacos WG Flour Tortilla/Yellow Corn Shell Black Bean & Corn Baby Carrots Fresh Blueberries 15	<u>Brunch For Lunch</u> WG French Toast Sausage Links(P) Hash Brown Fresh Cucumbers Fresh Strawberries 16	Cheese Ravioli Spaghetti Sauce WG Dinner Roll Sauteed Spinach Grape Tomatoes Fresh Grapes 17	BBQ Chicken Melt WG Bun Oven Baked Fries Pickle Chips Fresh Strawberries 18
	Pittsburgh Style Chicken Sandwich WG Roll Fresh Garden Salad Green & Red Pepper Strips Fresh Banana 22	Baked Lasagna Roll Sauteed Kale Celery Sticks Fresh Pineapple 23	Orange Popcorn Chicken w/ Broccoli Baby Carrots Fresh Bananas 24	3 Cheese/Pepperoni (P) Calzone Butternut Squash Cucumber Slices Fresh Peaches 25
Chicken Alfredo WG Dinner Roll Roasted Butternut Squash Baby Carrots Fresh Pear 28	Beef Burrito Bowl Cilantro Lime Brown Rice Pinto Beans Diced Tomatoes Fresh Pineapple 29	Sloppy Joe Melt Steamed Corn Grape Tomatoes Cantaloupe 30	<u>All Chicken is All-Natural. Whole-Muscle Meat Chicken</u> (WG) Denotes Whole Grain (P) Denotes Pork (B) Denotes Beef Available Upon Request: Kosher/Halal Gluten Free	
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