

(P) Pork
(T) Turkey

All Grains Options Featured On Menu are Whole Grain Products

William E. Cottle Elementary SCHOOL | Breakfast

MENU

October 2026

Free Breakfast

Daily Options: Bagel with butter or cream cheese & yogurt w/ graham cracker, Yogurt & Muffin Meal,
Assorted Cereal w / graham cracker.
Choice of Fresh Fruit : Apples, Orange Wedges, Bananas & 1%, Skim, Fat-Free Chocolate and Lactose Free milk with all meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	All Students are entitled to receive 1 Reimbursable Breakfast and Lunch Daily At No Cost. Second Meal Price: Breakfast \$2.10 Lunch \$3.90			
Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel 5 WG Waffles & Turkey Sausage Links Fresh Grapes 100% Apple Juice	Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel 6 Maple Turkey Sausage Pancake Wrap Apple Slices 100% Orange Juice	Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel 7 French Toast Bites & Turkey Sausage Links Fresh Grapes 100% Apple Juice	Low Sodium Bacon(P) Sausage(T)/ Egg & Cheese on a WG Bagel 8 Maple Brown Sugar Oatmeal Strawberries 100% Apple Juice	Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel 9 Cinnamon / Powder Sugar Churros(2) & String Cheese Craisins 100% Apple Juice
SCHOOL CLOSED 12	Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel 13 Maple Turkey Sausage Pancake Wrap Apple Slices 100% Orange Juice	Low Sodium Bacon(P) / Sausage(T)/ Egg & Cheese on a WG Bagel 14 Vanilla Confetti Snack 'n Waffles & Sausage Links(T) Apple Slices 100% Orange Juice	Low Sodium Bacon(P) Sausage(T)/ Egg & Cheese on a WG Bagel 15 Apple Cinnamon Oatmeal Strawberries 100% Apple Juice	Low Sodium Bacon(P)/Sausage(T) / Egg & Cheese on a WG Bagel 16 WG Sugar & Cinnamon Donut String Cheese Banana 100% Grape Juice
Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel 19 WG Waffles & Turkey Sausage Links Fresh Grapes 100% Apple Juice	Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel 20 Maple Turkey Sausage Pancake Wrap Apple Slices 100% Orange Juice	Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel 21 WG Waffles & Sausage Links(T) Fresh Grapes 100% Apple Juice	Low Sodium Bacon(P) Sausage(T)/ Egg & Cheese on a WG Bagel 22 Maple Brown Sugar Oatmeal Strawberries 100% Apple Juice	Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel 23 Cinnamon / Powder Sugar Churros(2) & String Cheese Craisins 100% Apple Juice
Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel 26 WG Waffles & Turkey Sausage Links Fresh Grapes 100% Apple Juice	Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel 27 Maple Turkey Sausage Pancake Wrap Apple Slices 100% Orange Juice	Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel 28 Mini Blueberry Waffles & Sausage Links(T) Strawberries 100% Apple Juice	Low Sodium Bacon(P) Sausage(T)/ Egg & Cheese on a WG Bagel 29 Apple Cinnamon Oatmeal Strawberries 100% Apple Juice	Low Sodium Bacon(P)/Sausage(T) / Egg & Cheese on a WG Bagel 30 WG Sugar & Cinnamon Donut String Cheese Banana 100% Grape Juice

This institution is an equal opportunity provider.

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William E. Cottle Elementary SCHOOL |Lunch

Daily Options:

October 2026

Choice of Fresh Fruit : Apples, Orange Wedges, Bananas
Turkey and Cheese Sandwich, Ham(P) and Cheese Sandwich, Cheese Sandwich, Salami(P) and Cheese(Boar's Head). Yogurt & Muffin Meal w/graham cracker (choices of strawberry or vanilla yogurt & blueberry, chocolate or banana muffin) Bagel Meal w/ yogurt & string cheese., Chicken Caesar Salad, Garden Salad w/parmesan cheese & croutons or WG dinner roll, and Yogurt Parfait Meals w/ granola.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Chicken is All-Natural, Whole-Muscle Meat Chicken (WG) Denotes Whole Grain (P) Denotes Pork (B) Denotes Beef Request All Grains Options Featured On Menu are Whole Grain Products	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: Breakfast \$3.11+ tax Lunch \$5.38 + tax			
Chicken Nuggets WG Breadstick OR Pizza Sticks w/ Marinara Romaine Garden Salad Cucumber Slices Fresh Apple Slices	(B) Hamburger/Cheeseburger Served WG Bun OR Beef Nachos Steamed Corn Red Pepper Strips Fresh Watermelon	(B) Hot Dog on a WG Roll Or Boneless Wing Chicken Potato Bowl Vegetarian Beans Coleslaw Fresh Orange Wedges	Chicken Tenders WG Breadstick OR <u>Brunch For Lunch</u> WG Waffles Turkey Sausage Patties Hashbrown Celery Sticks Fresh Banana	Cheese/Pepperoni(P) Pizza OR Pretzel Pack (Includes Mozzarella String Cheese & Yogurt) Zucchini Baby Carrots Fresh Pineapple
5	6	7	8	9
SCHOOL CLOSED	(B) Hamburger/ Cheeseburger Served WG Bun OR Beef Hard/ Soft Taco Black Beans Baby Carrots Fresh Cantaloupe	(B)Hot Dog Served on a WG Roll Honey stung Boneless Wings with a WG dinner roll Baked Vegetarian Beans Grape Tomatoes Fresh Pears	Chicken Tender WG Roll Or <u>Brunch For Lunch</u> Mini Maple Pancake Colby Cheese Omelet Butternut Squash Celery Stick Mixed Fruit Cup	Cheese/Pepperoni(P) Pizza OR Pretzel Pack (Includes Mozzarella String Cheese & Yogurt) Oven Baked Fries Baby Carrots Fresh Pineapple
12	13	14	15	16
Chicken Nugget WG Breadstick WG Grilled Cheese Tomato Soup Celery Stick Fresh Bananas	(B) Hamburger/ Cheeseburger Served on a WG Bun OR Chicken Quesadilla Steamed Corn Red Pepper Strips Fresh Blueberries	(B) Hot Dog on a WG Roll OR Breaded Chicken Patty on a WG Bun Steamed Green Peas Cucumber Slices Diced Peaches	Chicken Tenders WG Garlic Bread OR Cheese Ravioli w/Marinara Sauce WG Garlic Bread Steamed Edamame Beans Cucumber Slices Fresh Strawberries	Cheese/Pepperoni(P) Pizza OR Pretzel Pack (Includes Mozzarella String Cheese & Yogurt) Butternut Squash Baby Carrots Fresh Pineapple
19	20	21	22	23
Chicken Nuggets WG Breadstick OR Fish Bites WG Dinner Roll Roasted Cauliflower Baby Carrots Fresh Orange Wedges	(B)Hamburger/ Cheeseburger Served WG Bun OR Nacho Cheese Walking Taco Black Beans & Corn Pickle Chips Fresh Grapes	Hot Dog on a WG Bun OR Chicken 7 Vegetable Dumplings Brown Rice Steamed Broccoli Red Pepper Strips Fresh Honeydew melon	Chicken Tenders WG Garlic Bread OR Beef Baked Ziti WG Garlic Bread Steamed Edamame Beans Cucumber Slices Fresh Strawberries	Cheese/Pepperoni(P) Pizza OR Pretzel Pack (Includes Mozzarella String Cheese & Yogurt) Oven Baked Fries Baby Carrots Fresh Pineapple
26	27	28	29	30



Tuckahoe UFSD MS/HS SCHOOL |

Breakfast MENU

October 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

All Grains Options Featured On Menu are Whole Grain Products

(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: Breakfast : 3.11 + tax Lunch \$5.38 + tax	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		Cinnamon Sugar Churro Bites ¹ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	Cinnamon Breakfast Bun ² OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll
French Toast Sticks ⁵ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	Turkey Sausage Pancake Wrap ⁶ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	Waffle Wednesday ⁷ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	Cinnamon Sugar Churro Bites ⁸ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	WG Plain or Cinnamon Sugar Donut. ⁹ OR Egg& Cheese / Low Sodium Bacon(p) Egg & Cheese on a WG Roll
SCHOOL CLOSED ¹²	Turkey Sausage Pancake Wrap ¹³ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	Waffle Wednesday ¹⁴ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	Cinnamon Sugar Churro Bites ¹⁵ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	Oatmeal Banana Chocolate Chip Breakfast Round ¹⁶ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll
French Toast Sticks ¹⁹ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	Turkey Sausage Pancake Wrap ²⁰ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	Waffle Wednesday ²¹ OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	Cinnamon Sugar Churro Bites ²² OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	WG Plain or Cinnamon Sugar Donut. ²³ OR Egg& Cheese / Low Sodium Bacon(p) Egg & Cheese on a WG Roll
French Toast Sticks ²⁶ OR Egg & Bacon	Turkey Sausage Pancake Wrap ²⁷	Waffle Wednesday ²⁸ OR	Cinnamon Sugar Churro Bites ²⁹ OR	Oatmeal Banana Chocolate Chip Breakfast Round ³⁰ OR Egg & Cheese / Low Sodium

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RALLY CAFE

Free Lunch

Tuckahoe UFSD MS/HS SCHOOL | LUNCH MENU October 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. Choice of Fresh Fruit : Apples, Orange Wedges, Bananas
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: Breakfast : 3.11 + tax Lunch \$5.38 + tax	<u>All Chicken is All-Natural, Whole-Muscle Meat Chicken</u> (WG) Denotes Whole Grain All Grains Options Featured On Menu are Whole Grain Products (P) Denotes Pork (B) Denotes Beef Available Upon Request: Kosher/Halal Gluten Free	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	<u>Brunch For Lunch</u> WG French Toast Sticks Sausage Links(P) Sweet Potato Fries Cucumber Slices Fresh Watermelon	Chicken & Vegetable Dumplings Brown Rice Steamed Peas & Carrots Celery Sticks Diced Peaches
Buffalo Cheese Pizza Sticks Steamed Green Beans Fresh Carrot & Celery Sticks Diced Pear Cup	Loaded Tater Tots w/ Turkey Chorizo & Salsa con Queso Steamed Corn Red Pepper Strips Watermelon Cubes	Boneless Chicken Wing Potato Bowl WG Breadstick Roasted Potatoes Baby Carrots Mixed Berry Cup	Chicken Tikka Masala Bowl Steamed Carrots Side Garden Salad Honeydew Melon	Baked Ziti w/ Mozzarella, Ricotta & Ground Beef WG Garlic Bread Black Beans Red Pepper Strips Fresh Apples
SCHOOL CLOSED	Beef & Rice Tortilla Bowl Black Beans & Corn Baby Carrots Fresh Blueberries	Chicken Alfredo WG Dinner Roll Roasted Broccoli Grape Tomatoes Fresh Strawberries	Honey Stung Chicken Wings WG Dinner Roll Steamed Corn Celery Stick Fresh Grapes	Buffalo Boneless Chicken Wings W/ Mac & Cheese WG Breadstick Steamed Edamame Pickle Chips Fresh Strawberries
Breaded Fish Patty Melt WG Bun Roasted Zucchini Coleslaw Apple Slices	Turkey Barbacoa Quesadilla Black Bean Green & Red Pepper Strips Fresh Banana	General Tso's Beef w/ Mixed Vegetables Sauteed Kale Celery Sticks Fresh Pineapple	<u>Brunch For Lunch</u> WG Waffles Sausage Links(P) Sweet Potato Fries Cucumber Slices Fresh Watermelon	Meatball(B)l Sub Butternut Squash Penne Pasta Salad Fresh Peaches
Jalapeno Popper Bacon(P) Burger(B) Oven Baked Fries Baby Carrots Fresh Pear	Beef Nacho Cheese Walking Taco Pinto Beans Diced Tomatoes Fresh Pineapple	Golden Crispy Chicken Tenders WG Dinner Roll Romaine Garden Salad Grape Tomatoes Cantaloupe	Fish Taco w/ Creamy Sriracha Coleslaw Chickpea Salad Celery Sticks Fresh Bananas	Boneless Buffalo Chicken Wings WG Dinner Roll Roasted Eggplant Baby Carrots Fresh Orange