(P) Pork
(T) Turkey
All Grains Options Featured On Menu are Whole Grain Products

coolcaf
FOOD • FUN • FRIENDS

Free Breakfast

William E. Cottle Elementary SCHOOL |Breakfast MENU

November 2026

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
2 Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel WG Waffles & Turkey Sausage Links Fresh Grapes 100% Apple Juice	3 No School Election Day	4 Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel French Toast Bites & Turkey Sausage Links Fresh Grapes 100% Apple Juice	5 Low Sodium Bacon(P) Sausage(T)/ Egg & Cheese on a WG Bagel Apple Cinnamon Oatmeal Strawberries 100% Apple Juice	6 Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel Maple Turkey Sausage Pancake Wrap Apple Slices 100% Orange Juice
9 Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel WG Waffles & Turkey Sausage Links Fresh Grapes 100% Apple Juice	10 Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel Maple Turkey Sausage Pancake Wrap Apple Slices 100% Orange Juice		12 Low Sodium Bacon(P) Sausage(T)/ Egg & Cheese on a WG Bagel Maple Brown Sugar Oatmeal Fresh Strawberries 100% Apple Juice	13 Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel Cinnamon / Powder Sugar Churros(2) Craisins 100% Apple Juice
16 Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel WG Waffles & Turkey Sausage Links Fresh Grapes 100% Apple Juice	17 Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel Maple Turkey Sausage Pancake Wrap Apple Slices 100% Orange Juice	18 Low Sodium Bacon(P) / Sausage(T)/ Egg & Cheese on a WG Bagel Vanilla Confetti Snack 'n Waffles & Sausage Links(T) Apple Slices 100% Orange Juice	19 Low Sodium Bacon(P) Sausage(T)/ Egg & Cheese on a WG Bagel Apple Cinnamon Oatmeal Strawberries 100% Apple Juice	20 Low Sodium Bacon(P)/Sausage(T) / Egg & Cheese on a WG Bagel WG Sugar & Cinnamon Donut Banana 100% Grape Juice
23 Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel WG Waffles & Turkey Sausage Links Fresh Grapes 100% Apple Juice	24 Low Sodium Bacon(P) / Sausage(T) / Egg & Cheese on a WG Bagel Maple Turkey Sausage Pancake Wrap Apple Slices 100% Orange Juice	25 Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel WG Waffles &Sausage Links(T) Fresh Grapes 100% Apple Juice		
30 Low Sodium Bacon(P) / Sausage (T) / Egg & Cheese on a WG Bagel WG Waffles & Turkey Sausage Links Fresh Grapes 100% Apple Juice				

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
Adult Price: Breakfast : 3.11 + tax
Lunch $5.38 + tax

This institution is an equal opportunity provider.

William E. Cottle Elementary SCHOOL |Lunch MENU

November 2026

coolcaf
FOOD • FUN • FRIENDS
Free Lunch

Daily Options:
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
2 Chicken Nuggets WG Breadstick OR Fish Bites w/ Cheez-its Black Beans & Corn Pickle Chips Fresh Grapes	3 No School Election Day (B)	4 (B) Hot Dog on a WG Bun OR Cinnamon Sugar Donut Colby Cheese Omelet Steamed Broccoli Red Pepper Strips Fresh Honeydew melon	5 Chicken Tenders WG Breadstick OR 3 Cheese Mac & Cheese Roasted Cauliflower Celery Sticks Fresh Banana	6 Cheese/Pepperoni(P) Pizza OR Pretzel Pack (Includes Mozzarella String Cheese & Yogurt) Zucchini Baby Carrots Fresh Pineapple
9 Chicken Nuggets WG Breadstick OR Pizza Sticks w/ Marinara Romaine Garden Salad Cucumber Slices Fresh Apple Slices Special of the Week 11/9-11-13	10 Hamburger/Cheeseburger Served WG Bun OR Turkey Barbacoa Nachos Steamed Corn Red Pepper Strips Fresh Watermelon		12 Chicken Tenders WG Breadstick OR Penne Chicken Alfredo WG breadstick Steamed Peas & Carrots Celery Sticks Diced Peaches	13 Cheese/Pepperoni(P) Pizza OR Pretzel Pack (Includes Mozzarella String Cheese & Yogurt) Steamed Green Beans Baby Carrots Fresh Pineapple Pepperoni Calzone & Pizza-Ranch
16 Chicken Nuggets WG Breadstick OR Meatless Lasagna WG Breadstick Butternut Squash Baby Carrots Fresh Pineapple	17 (B) Hamburger/ Cheeseburger Served WG Bun OR Orange Popcorn Chicken WG Dinner Roll Black Beans Baby Carrots Fresh Cantaloupe	18 (B)Hot Dog Served on a WG Roll OR Breaded Chicken Patty on a WG Bun Baked Vegetarian Beans Grape Tomatoes Fresh Pears	19 Chicken Tenders WG Roll Or Oven Roasted Turkey Mashed Potato & Gravy WG Dinner Roll Steamed Kale Celery Stick Mixed Fruit Cup	20 Cheese/Pepperoni(P) Pizza OR Pretzel Pack (Includes Mozzarella String Cheese & Yogurt) Oven Baked Fries Baby Carrots Fresh Pineapple
23 Chicken Nuggets WG Breadstick OR Chicken Parm on a Oven Baked Sweet Potato Fries WG Roll Celery Stick Fresh Bananas	24 (B) Hamburger/ Cheeseburger Served on a WG Bun OR Penne Pasta w/ (B) Meatballs Steamed Corn Red Pepper Strips Fresh Blueberries			
30 Chicken Nuggets WG Breadstick OR (B) Meatball Sub Roasted Cauliflower Baby Carrots Fresh Orange Wedges				

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Adult Price: Breakfast $3.11+ tax
Lunch $5.38 + tax

All Chicken is All-Natural, Whole-Muscle Meat Chicken
(WG) Denotes Whole Grain
(P) Denotes Pork
(B) Denotes Beef
Gluten Free
Kosher/Halal Available Upon Request
All Grains Options Featured On Menu are Whole Grain Products

This institution is an equal opportunity provider.

RALLY CAFE

TUCKAHOE UNION FREE SCHOOL DISTRICT

Tuckahoe UFSD MS/HS SCHOOL | Breakfast MENU

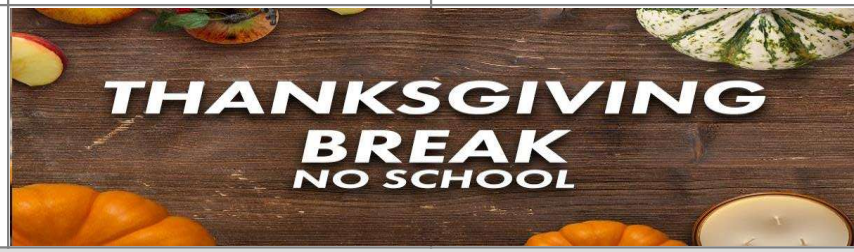
November 2026

(P)Pork

Free Breakfast

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Toast Sticks OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	**3** No School Election Day	**4** Waffle Wednesday OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	**5** Cinnamon Sugar Churro Bites OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	**6** Cinnamon Breakfast Bun OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll
9 French Toast Sticks OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	**10** Turkey Sausage Pancake Wrap OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll		**12** Cinnamon Sugar Churro Bites OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	**13** WG Plain or Cinnamon Sugar Donut. OR Egg& Cheese / Low Sodium Bacon(p) Egg & Cheese on a WG Roll
16 French Toast Sticks OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	**17** Turkey Sausage Pancake Wrap OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	**18** Waffle Wednesday OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	**19** Cinnamon Sugar Churro Bites OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	**20** Oatmeal Banana Chocolate Chip Breakfast Round OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll
23 French Toast Sticks OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	**24** Turkey Sausage Pancake Wrap OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll	**25** Waffle Wednesday OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll		
30 French Toast Sticks OR Egg & Cheese / Low Sodium Bacon(p) Egg& Cheese On WG Roll				

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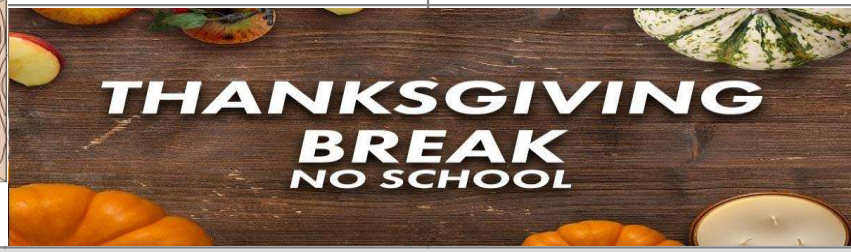
Tuckahoe UFSD MS/HS SCHOOL | LUNCH MENU

November 2026

RALLY CAFE

Free Lunch

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(both offered with WG dinner roll), 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
2 Gochujang Hot Honey Chicken Sandwich Chickpea Salad Baby Carrots Fresh Orange	3 No School Election Day	4 Grilled Reuben Sandwich Roasted Potatoes Diced Tomatoes Fresh Pineapple	5 Garlic Chicken Lo Mein WG Dinner Roll Steamed Spinach Fresh Cucumbers Cantaloupe	6 Penne Chicken Alfredo WG Garlic Bread Roasted Eggplant Celery Sticks Diced Peaches
9 Cheese Pizza Sticks Marinara Sauce Roasted Butternut Squash Fresh Carrot & Celery Sticks Diced Pear Cup	10 (P) Pepperoni/ Cheese/ Chicken Calzone Steamed Corn Red Pepper Strips Watermelon Cubes		12 Beef & Cheese Burrito Black Beans Romaine Garden Salad Honeydew Melon	13 Baked Ziti w/ Mozzarella, Ricotta & Ground Beef WG Garlic Bread Black Beans Red Pepper Strips Fresh Apples
16 BBQ Chicken Melt WG Bun Oven Baked Sweet Potato Fries Celery Sticks Fresh Bananas	17 WG Grilled Cheese Tomato Soup Baby Carrots Fresh Blueberries	18 Sweet & Sour Chicken WG Rice Roasted Broccoli Grape Tomatoes Fresh Strawberries	19 Oven Roasted Turkey Mashed Potato & Gravy WG Dinner Roll Steamed Kale Red Pepper Strips Fresh Grapes	20 Crispy Chicken Tenders WG Breadstick Vegetarian Beans Pickle Chips Fresh Strawberries
23 Pittsburgh Style Chicken Sandwich Oven Baked Fries Baby Carrots Fresh Pear	24 Orange Popcorn Chicken Roasted Cauliflower Green & Red Pepper Strips Fresh Banana	 **Lunch will not be served**		
30 (B) Meatball Sub WG Bun Roasted Zucchini Coleslaw Apple Slices				

Special of the Week: 11/9-1/13

Pepperoni Calzone & Pizza-Ranch

All Chicken is All-Natural, Whole-Muscle Meat Chicken
(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

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