

Dobbs Ferry HS & MS

October 2022 Breakfast Menu

Free & Reduced Applications available on DFSD website under meals and other payments.

3	4	5	6	7
Pancakes w/ syrup Chicken Sausage Assorted Cereals Red Apple Milk	Waffles/ Syrup Turkey bacon Assorted Muffins Petite Banana Milk	Yom Kippur Schools Closed	Waffles/ Syrup Turkey bacon Assorted Cereals Apple Slices Milk	French Toast Sticks w/ Syrup Apple Frudel Assorted Cereal Fresh Grapes Milk
10	11	12	13	14
Columbus Day/ Indigenous Peoples' Day Schools Closed	French Toast w/ Syrup Chicken Sausage Assorted Cereals Petite Banana 100% Apple Juice Milk	Bacon, Egg & Cheese Flatbread Banana Muffin Watermelon Cubes 100% Fruit Juice Milk	Waffles w/ Syrup Turkey Bacon WG Muffins Apple Slices 100% Orange Juice Milk	Apple Frudel Assorted Cereals Fresh Grapes 100% Apple Juice Milk
17	18	19	20	21
French Toast Sticks w/ Syrup Turkey Bacon Assorted WG Muffins Orange Smiles 100% Fruit Juice Milk	Waffles & Syrup Chicken Sausage Assorted Cereals Raisins 100% Orange Juice Milk	Bacon Egg & Cheese on Roll Apple Cinnamon Muffins Honeydew Melon 100% Apple Juice Milk	Waffles w/ Syrup Turkey Bacon Assorted WG Cereals Red Apple 100% Orange Juice Milk	Cheese Omelet Blueberry Muffins Petite Banana 100% Apple Juice Milk
24	25	26	27	28
Fluffy Pancakes w/ Syrup Assorted WG Muffins 100% Orange Juice Apple Slices Milk	Waffles w/ Syrup Assorted Cereals Chocolate Chip Muffin Petite Banana 100% Apple Juice Milk	Bacon Egg & Cheese Wrap Assorted Muffins Cantaloupe Grape Juice Milk	Waffles w/ Syrup Assorted Cereals Apple Sauce 100% Orange Juice Milk	Breakfast Pizza Red Apple Assorted WG Muffins Orange Apple Juice Milk
31	1	2	3	4
French Toast w/ Syrup Assorted Cereals Red Apple Fruit Juice Milk	Waffles w/ syrup Assorted Muffins Fresh Plum Orange Juice Milk	Sausage Egg & Cheese Quesadilla Assorted Cereals Petite Banana 100% Grape Juice Milk	Waffles w/ Syrup Assorted Cereals Apple Cinnamon Muffin Fresh Blueberries 100% Apple Juice Milk	Sausage Egg & Cheese Biscuit Assorted Cereals Orange Wedge 100% Orange Juice Milk

More info... Daily Breakfast Offerings

Assorted Whole Grain Muffins (Banana, Blueberry, Chocolate Chip)
Yogurt Parfait with Fresh fruit & Granola
WG Reduced Sugar Cereals served with Cheese Stick
Fresh Fruit & 100% Fruit Juice

. Earn while they learn! Looking for a part time job? Aramark, Dobbs Ferry's Food Service is now accepting applications! Contact Kathy Weinborg 914-693-1500 ext 3011.

More info... Any Questions or Concerns please contact FSD Kathy Weinborg 914-693-1500 ext: 3011.
"If you have an allergy please speak to the owner, manager, chef or server."

**Paid breakfast price
\$1.25**



Dobbs Ferry High & Middle School October 2022 Lunch Menu

Fresh Salads and Deli Sandwiches
Made to Order Daily

Free & Reduced Applications available on DFSD website under meals and other payments.

<p>3</p> <p>Meatball Parmesan Hero Broccoli Florets Orange Wedges Milk</p>	<p>4</p> <p>Chicken Lo Mein w/ Garlic Chili Glaze Red Pepper Strips Petite Banana Milk</p>	<p>5</p> <p>Yom Kippur Schools Closed</p>	<p>6</p> <p>Turkey Soft Tacos Pico de Gallo Cheddar Cheese Cilantro Rice Campfire Beans Watermelon Milk</p>	<p>7</p> <p>Chicken Patty on Bun BBQ Sauce Baked Fries Green Beans Baby Carrots Milk</p>
<p>10</p> <p>Columbus Day/ Indigenous Peoples' Day Schools Closed</p>	<p>11</p> <p>Spaghetti & Meat sauce Garlic Toast Roast Garden Vegetables Petite Banana Apple Juice Milk</p>	<p>12</p> <p>Sweet & Sour Chicken Plain Rice Steamed Zucchini Apple Slices Milk</p>	<p>13</p> <p>BRUNCH for LUNCH French Toast Sticks Sweet Potato Fries Chicken Sausage Celery Sticks Watermelon Milk</p>	<p>14</p> <p>Burger Bar Burgers (Including Vegetarian) Lettuce, Tomato & Onion Baked Fries Apple Sauce Milk</p>
<p>17</p> <p>Macaroni & Cheese Breadstick Green Beans Raisins Orange Juice Milk</p>	<p>18</p> <p>Chicken Potato Gravy Bowl Baked Beans Honeydew Melon Milk</p>	<p>19</p> <p>Rotini w/ Meat Sauce Dinner Roll Broccoli Florets Petite Banana Milk</p>	<p>20</p> <p>Chicken Tenders BBQ Sauce Roast Cauliflower Cucumber Slices Broccoli Red Apple Milk</p>	<p>21</p> <p>Chili Fries W/ Tortilla Chips Black Bean Salad Sweet Grapes Milk</p>
<p>24</p> <p>Chicken Pasta Alfredo Garlic Toast Baby Carrots Apple Slices Milk</p>	<p>25</p> <p>Beef Nachos w/ Cheese Sauce Kickin Pinto Beans Mexicali Corn Red Pepper Strips Petite Banana Milk</p>	<p>26</p> <p>Chicken Patty on Bun Baked Fries Green Beans & Carrots Fresh Blueberries Milk</p>	<p>27</p> <p>Meatball Parmesan Hero Broccoli Florets Orange Wedges Milk</p>	<p>28</p> <p>Pizza Sticks w/ Tomato Dipping Sauce Dinner Roll Roasted Zucchini Sweet Raisins Milk</p>
<p>31</p> <p>Chicken Nuggets BBQ Sauce Sweet Potato Fries Green Beans Red Apple</p>	<p>1</p> <p>Cheese or Chicken & Cheese Quesadilla Sante Fe Rice Charro Beans Cantaloupe Wedge Milk</p>	<p>2</p> <p>Fish patty on Bun Baked Fries Coleslaw w/ Craisins Apple Sauce Milk</p>	<p>3</p> <p>Pancakes w/ Syrup Hash Brown Chicken Sausage Baby Carrots Petite Banana Milk</p>	<p>4</p> <p>BBQ Chicken Mac & Cheese Cucumber Slices Orange Wedge Milk</p>

More info... Offered Daily

Daily Pre-made Sandwich Selections: Turkey, Ham, Salami & Cheese
Fruits & Veggies: Local NY Apples, Oranges, Bananas Carrots, Celery,
Cucumber and Legume Salad

More info... Daily Information: All meals Served with Choice of

1% milk, Fat Free Milk, Fat Free Chocolate Milk (Antibiotic & Hormone Free)
All Meals Offered with Fresh Fruit, 100% Fruit Juice and WG Dinner
Rolls. Leafy Green Salads Served Daily