

# Dobbs Ferry HS & MS

## March 2023 Breakfast Menu

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

		01	02	03
		English Muffin w/Eggs, Cheese & Sausage Assorted Muffins Fresh Apples Grape Juice Milk	Waffles w/ Syrup Assorted Cereals Assorted WG Muffin Mandarin 100% Apple Juice Milk	French Toast Stick w/Syrup Assorted WG Muffins Fresh Strawberries 100% Fruit Juice Milk
06	07	08	09	10
Sausage, Eggs & Cheese Wrap Assorted Cereals Apple Slices 100% Apple Juice Milk	Warm Waffles w/Syrup Assorted Muffins Apple Sauce 100% Fruit Juice Milk	WG Donuts w/Cheese Stick Assorted Cereals Orange Wedges 100%Grape Juice Milk	Waffles w/Syrup Assorted Cereals Melon Wedges 100% Fruit Juice Milk	Breakfast Pizza Assorted Cereals Mandarin 100% Fruit Juice Milk
13	14	15	16	17
Fluffy Pancake w/ Syrup Assorted WG Muffins Fresh Strawberries 100% Fruit Juice Milk	Warm Waffles w/Syrup Assorted Cereals Apple Slices 100% Orange Juice Milk	Cheesy Eggs, Sausage & Tater Tots Wrap Assorted Cereal Orange Wedges 100% Fruit Juice Milk	Waffles w/Syrup Assorted WG Muffins Melon Wedges 100% Orange Juice Milk	French Toast Stick w/Syrup Assorted WG Muffins Fresh Apples 100% Fruit Juice Milk
20	21	22	23	24
Cheese Eggs Breakfast Burger Assorted Cereals Mandarin 100% Fruit Juice Milk	Warm Waffles w/Syrup Assorted Cereals Assorted Muffins Applesauce 100% Fruit Juice Milk	Glazed WG Donut Banana Muffin Melon Wedges 100% Fruit Juice Milk	Waffles w/ Syrup Assorted Cereals Fresh Strawberries 100% Fruit Juice Milk	Breakfast Pizza Assorted Cereals Fresh Grapes 100% Apple Juice Milk
27	28	29	30	31
Bagel Bacon, Eggs & Cheese Assorted Muffins Orange Wedges 100% Fruit Juice Milk	Warm Waffles w/Syrup Assorted Muffins Fresh Apples 100% Fruit Juice	Breakfast Burrito Assorted Muffins Melon Wedges 100% Fruit Juice Milk	Warm Waffles w/Syrup Assorted Muffins Fresh Strawberries 100% Fruit Juice Milk	French Toast Stick w/Syrup Assorted Cereals Mandarin 100% Fruit 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

**More info...** Any Questions or Concerns please contact  
FSD Denise Delpesh 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 March 2023 Lunch Menu

Fresh Salads and Deli Sandwiches  
Made to Order Daily

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

		01 Cheeseburger or Hamburger Green Beans Orange Smiles 100% Fruit Juice Milk	02 Brunch for Lunch Tater Tots Celery Stick Applesauce 100% Fruit Juice Milk	03 Pasta w/Beef Meat Sauce Baby Carrots Steamed Broccoli Slice Apples 100% Fruit Juice Milk
06 Breaded Chicken w/Biscuit Green Beans Baby Carrots Mandarin 100% Fruit Juice Milk	07 Popcorn Chicken Bowl Celery Stick Charro Black Beans Dice Melon 100% Fresh Fruit Milk	08 Rice, Beef & Beans Burrito Baby Carrots Tomato Wedges Mix Fruit Milk	09 Brunch for Lunch Tater Tots Steamed Broccoli Applesauce 100% Fruit Juice Milk	10 Mac & Cheese w/Breadstick Buttered Carrots Orange Wedges 100% Fruit Juice Milk
13 Pizza Sticks w/Dipping Sauce Cauliflower Celery Stick Fresh Strawberries 100% Fruit Juice Milk	14 Chicken Nacho w/Rice Carrot Stick Black Beans Orange Wedges 100% Fresh Juice Milk	15 Chicken Parm on/Bun Mix Vegetables Baby Carrots Applesauce 100% Fruit Juice Milk	16 Brunch for Lunch Hash Brown 3 Bean Salad Fresh Apples 100% Fruit Juice Milk	17 Cheese or Beef Quesadilla Green Beans Fresh Strawberries 100% Fruit Juice Milk
20 Chicken Nuggets w/Mashed Potato Celery Stick Orange Smiles 100% Fruit Juice Milk	21 Meatball Sub Tomato Wedges Charro Black Beans Apple Slices 100% Fruit Juice Milk	22 Chicken Alfredo w/Pasta Garlic Toast Toss Salad Fresh Strawberries 100% Fruit Juice Milk	23 Brunch for Lunch Tater Tots Brussels Sprout Melon wedges 100% Fruit Juice Milk	24 BBQ Chicken w/Spicy Rice Celery Stick Baby Carrots Mandarin 100% Fruit Juice Milk
27 Grill Cheese or BBQ Grill Cheese Steamed Corn Celery Sticks Fresh Apples 100% Fruit Juice Milk	28 Orange Chicken w/Noodles Mandarin Celery Stick Steamed Broccoli 100% Fruit Juice Milk	29 Cheesy Baked Penne Fresh Squash Baby Carrots Fresh Mix Fruit 100% Fruit Juice Milk	30 Brunch for Lunch Hash Brown Celery Stick Fresh Strawberries 100% Fruit Juice Milk	31 Chicken Tenders w/Breadstick Tater Tots Baby Carrots Applesauce 100% Fruit Juice Milk

## 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