

# Dobbs Ferry HS & MS

## November 2022 Breakfast Menu

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

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 Apple Sauce 100% Apple Juice Milk	Sausage Egg & Cheese Biscuit Assorted Cereals Orange Wedge 100% Orange Juice Milk
7	8	9	10	11
French Toast w/ Syrup Chicken Sausage Assorted Cereals Sweet Raisins 100% Apple Juice Milk	Superintendent Conference Day No School for Students	French Toast Sticks w/ Syrup Apple Frudel Assorted Cereal Fresh Grapes Milk	Waffles/ Syrup Turkey bacon Assorted Cereals Apple Slices Milk	Veteran's Day Schools Closed
14	15	16	17	18
Pancakes w/ syrup Chicken Sausage Assorted Cereals Red Apple Milk	Waffles/ Syrup Turkey bacon Assorted Muffins Petite Banana Milk	Bacon, Egg & Cheese Flatbread Banana Muffin Honeydew Melon 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
21	22	23	24	25
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	Thanksgiving Recess Schools Closed	Thanksgiving Recess Schools Closed
28	29	30	1	2
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

### 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 November 2022 Lunch Menu

Fresh Salads and Deli Sandwiches

Made to Order Daily

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

31

Chicken Nuggets  
BBQ Sauce  
Sweet Potato Fries  
Green Beans  
Red Apple  
Milk

1

Cheese or Chicken &  
Cheese Quesadilla  
Sante Fe Rice  
Charro Beans  
Cantaloupe Wedge  
Milk

2

Fish patty on Bun  
Baked Fries  
Coleslaw w/ Craisins  
Apple Sauce  
Milk

3

Pancakes w/ Syrup  
Hash Brown  
Chicken Sausage  
Baby Carrots  
Petite Banana  
Milk

4

BBQ Chicken Mac &  
Cheese  
Cucumber Slices  
Orange Wedge  
Milk

7

Meatball Parmesan  
Hero  
Broccoli Florets  
Red Apple  
Milk

8

**Superintendent  
Conference Day  
Schools Closed for  
Students**

9

Baked Ziti  
Breadstick  
Zucchini Squash  
Apple Slices

10

Turkey Soft Tacos  
Pico de Gallo  
Cheddar Cheese  
Cilantro Rice  
Campfire Beans  
Melon Slice  
Milk

11

**Veteran's Day  
Schools Closed**

14

Herb Roasted Chicken  
Mashed Potatoes  
Broccoli  
Orange Wedge  
Milk

15

Spaghetti & Meat sauce  
Garlic Toast  
Roast Garden  
Vegetables  
Petite Banana  
Apple Juice  
Milk

16

**Thanksgiving Dinner**  
Oven Roast Turkey w/  
Gravy  
Mashed Potatoes  
Herb Stuffing  
Green Beans  
Apple Slices  
Milk

17

**BRUNCH for LUNCH**  
French Toast Sticks  
Sweet Potato Fries  
Chicken Sausage  
Celery Sticks  
Pear  
Milk

18

Burger Bar  
Burgers  
(Including Vegetarian)  
Lettuce, Tomato &  
Onion  
Baked Fries  
Red Apple  
Milk

21

Macaroni & Cheese  
Breadstick  
Green Beans  
Raisins  
Orange Juice  
Milk

22

Chicken Potato Gravy  
Bowl  
Baked Beans  
Honeydew Melon  
Milk

23

**Half Day  
Breakfast  
Services Only**

24

**Thanksgiving  
Recess  
Schools Closed**

25

**Thanksgiving  
Recess  
Schools Closed**

28

Chicken Pasta Alfredo  
Garlic Toast  
Baby Carrots  
Apple Slices  
Milk

29

Beef Nachos w/  
Cheese Sauce  
Kickin Pinto Beans  
Mexacali Corn  
Red Pepper Strips  
Petite Banana  
Milk

30

Chicken Patty on Bun  
Baked Fries  
Green Beans & Carrots  
Sweet Grapes  
Milk

1

Meatball Parmesan  
Hero  
Broccoli Florets  
Orange Wedges  
Milk

2

Pizza Sticks w/ Tomato  
Dipping Sauce  
Dinner Roll  
Roasted Zucchini  
Sweet Raisins  
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