Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk. This institution is an equal opportunity provider and employer.

If you have any questions or comments, please call the Food Service Department at 914-630-3114.

Julia Lindblad

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<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 3rd</td>
<td>Italian Sausage, Onions &amp; Peppers On A Roll</td>
<td>Chicken Francese W/Roasted Potatoes W/Garlic Bread</td>
<td>General Tso’s Chicken Served W/Rice</td>
<td>Popcorn Chicken Bites W/G Dinner Roll</td>
<td>Macaroni &amp; Cheese Served W/Dinner Roll</td>
</tr>
<tr>
<td>June 4th</td>
<td>Ham &amp; Turkey Chef Salad</td>
<td>Spicy Chicken Salad</td>
<td>BLT Salad W/ Romaine &amp; Ranch Dressing</td>
<td>BBQ Pulled Chicken On A Bun</td>
<td>Mediterranean Salad W/Pesto, Black Olive, Oil &amp; Vinegar</td>
</tr>
<tr>
<td>June 5th</td>
<td>Chicken Salad Wrap</td>
<td>Antipasti Platter W/Breadstick</td>
<td>Mediterranean Salad W/Pesto, Black Olive, Oil &amp; Vinegar</td>
<td>BBQ Pulled Chicken On A Bun</td>
<td>Ham &amp; Cheddar Panini w/Lettuce and Tomato</td>
</tr>
<tr>
<td>June 6th</td>
<td>Brunch for Lunch</td>
<td>Pasta Bar</td>
<td>Grilled Cheese Bar Choice Of American OR Swiss On WW Toast W/ Tomato, Bacon OR Avocado</td>
<td>Mexican Bar</td>
<td>Calzone Bar</td>
</tr>
<tr>
<td>June 7th</td>
<td>Pizza Station, $2.75 Lunch</td>
<td>Rotating Food Bar, $2.75 Lunch</td>
<td>Grilled Cheese Bar Choice Of American OR Swiss On WW Toast W/ Tomato, Bacon OR Avocado</td>
<td>Mexican Bar</td>
<td>BBQ Chicken Pepperoni OR Three Cheese Calzone</td>
</tr>
<tr>
<td></td>
<td>In addition to regular cheese pizza, we now feature specialty pies, including:</td>
<td>Served with Bread/Grain.</td>
<td>Served with Bread/Grain.</td>
<td>Build Your Own Nachos with Beef, Beans or Diced Chicken. Served with Cilantro Lime Rice</td>
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</tr>
</tbody>
</table>

More Info...

All Lunches Include:
- Entrée, Bread/Grain, Vegetable, Fruit/Juice (Two Fruit Selections Daily) and Choice of 1% White or Fat-Free White or Chocolate Milk.
- *Hormone and Antibiotic-Free Milk Offered with all Lunch Meals.*

Food Allergies?
Please Speak to Your Server, Chef or Manager.

We are happy to announce that the Java City kiosk & Lead Dog Cafe is now open for business in the high school cafeteria. Delicious hot and cold beverages, along with light bites, will be offered daily* at Java City & Sushi, Hot Sandwiches and Soft Drinks Available At Lead Dog Café! Lead Dog Café Open 2-4:50pm**

*À la carte only.

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Harrison High School – Lunch Menu

Harrison High School Lunch Menu – June 3rd – 7th 2019

Menus are subject to change without notice.
Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk. This institution is an equal opportunity provider and employer.

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Julia Lindblad

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### Harrison High School Lunch Menu – June 10th – June 14th 2019

#### More Info...

All Lunches Include:
- Entrée, Bread/Grain, Vegetable, Fruit/Juice (Two Fruit Selections Daily) and Choice of 1% White or Fat-Free White or Chocolate Milk.
- *Hormone and Antibiotic-Free Milk Offered with all Lunch Meals.*
- Food Allergies? Please Speak to Your Server, Chef or Manager.

#### Java City

We are happy to announce that the Java City kiosk & Lead Dog Cafe is now open for business in the high school cafeteria. Delicious hot and cold beverages, along with light bites, will be offered daily* at Java City & Sushi, Hot Sandwiches and Soft Drinks Available At Lead Dog Café! Lead Dog Café Open 2:45p-4p**

*À la carte only.

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### Hot Food Station, $2.75 Lunch

*Enjoy the taste of homemade-quality meals from our daily hot food station!*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>

- **Hot Dog W/Chili Con Carne Topped W/Cheddar**
- **Philly Cheesesteak Hero**
- **Chicken Tenders Served W/French Fries & Dinner Roll**
- **Grilled BBQ Chicken With Corn Bread**
- **Spicy Chicken On a bun w/ Mozzarella Cheese**

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### Deli/Salad Bar Station, $3.75 Lunch

*Customize any of our sandwiches or salads* to your exact liking! We will feature daily specials.

- **Grilled Chicken Salad W/Ranch**
- **Greek Salad W/Tzaziki Dressing & Chicken Roasted Vegetable Wrap W/Feta & Mixed Greens**
- **Roasted Vegetable Salad W/Turkey**
- **Chicken Melt Wrap w/Lettuce and Tomato**
- **Cobb Salad Turkey, Bacon & Avocado Wrap**
- **Chef Salad Ham & American Panini**

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### Rotating Food Bar, $2.75 Lunch

*Enjoy food stations that are themed around your favorite foods!*

- **Mix Up**
  - Chicken Tenders OR Quesadilla Served W/French Fries
- **Pasta Bar**
  - Homemade Baked Ziti
  - Homemade Beef Lasagna W/Italian Bread
- **Asian Bar**
  - Chicken Stir Fry, Beef Lo Mein, General Tso’s Chicken Served W/Veg Fried Rice
- **Mac & Cheese Bar**
  - Macaroni & Cheese w/ Spicy Tomato & Bacon
  - Or Plain Baked Macaroni & Cheese
- **American Favorite Bar**
  - Hamburger, Turkey Burger or Veggie Burger w/ All the Fixings

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### Pizza Station, $2.75 Lunch

*In addition to regular cheese pizza, we now feature specialty pies, including:*

- **Pepperoni Pizza**
- **White Pizza**
- **Spinach Pizza**
- **Sausage Pizza**
- **Roasted Vegetable Pizza**

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### Daily Vegetable & Fruit* Selections

*We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.*

- **Red Pepper Strips**
- **String Beans**
- **Pepper Strips**
- **Garden Salad**
- **Fresh Fruit Cup**
- **Blueberry Cup**
- **Hash Browns**
- **Green Beans**
- **Spinach Salad**
- **Orange Juice**
- **Fruit Cup**
- **Banana**
- **Sweet Potato Fries**
- **Steamed Garlic Broccoli**
- **Tossed Salad**
- **Fruit Cocktail Applesauce**
- **Black Bean Salad**
- **Sweet Corn Steamed Peas**
- **Mixed Green Salad**
- **Diced Peaches**
- **Pear Cup**
- **Oven Baked Fries**
- **Lemon Glazed Carrots**
- **Caesar Salad**
- **Banana**
- **Strawberry Cup**

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All Lunches Include: Entrée, Bread/Grain, Vegetable, Fruit/Juice (Two Fruit Selections Daily) and Choice of 1% White or Fat-Free White or Chocolate Milk.

*Hormone and Antibiotic-Free Milk Offered with all Lunch Meals.*

Food Allergies? Please Speak to Your Server, Chef or Manager.

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