

RALLY CAFE

LEBANON MIDDLE & HIGH SCHOOL MENU

BREAKFAST MENU

EXPRESS

MON

EGG & CHEESE
BISCUIT

FRENCH TOAST
STICKS

TUES

BACON, EGG &
CHEESE ENGLISH
MUFFIN

FRUDEL

WED

SAUSAGE &
CHEESE BISCUIT

CINNAMON ROLL

THURS

BACON, EGG, &
CHEESE BAGEL

CHOCOLATE
CRESCENT

FRI

BISCUIT &
SAUSAGE GRAVY

PANCAKE BITES

WHAT COMES WITH A MEAL?

- Choice of Entrée Item:
 - Featured Hot Entrée OR
 - Daily 'Pick 2' Items Entrée
 - 1 Cup of Fruit – limit 4oz Fruit Juice
 - Choice of Milk
- (Must choose at least ½ cup fruit or veg to make it a meal)

DONUTS, BREAKFAST PIZZA OR PANCAKE WRAP SERVED DAILY

DAILY PICK TWO: CEREAL BOWL, GRANOLA BAR, MUFFIN, POP TART, GRAHAMS, CRACKERS, CHEESE STICK, YOGURT

DAILY FRUIT: WHOLE FRESH, ASSORTED FRUIT CUPS, 100% FRUIT JUICE - **DAILY MILK:** 1%, SKIM OR LOW FAT FLAVORED



Skip breakfast?

Second chance during passing period!

Not hungry now?

Save for a snack later!

TIGER CROSSING CAFE



COMING SOON!

COFFEE
ICED COFFEE
FRUIT SMOOTHIES
FRESH FRUIT CUPS

USDA meal programs for children operate all summer! To find the nearest summer meal site, call 211 or text 'Summer Meals' (English) or 'Verano' (Spanish) to 914-342-7744. Households in need of assistance any time of the year can call the USDA National Hunger Hotline at 866-3-HUNGRY to speak with a representative who will find resources, such as summer meal sites, food banks, and other nearby social services.

RALLY CAFE

LEBANON HIGH SCHOOL

May 1-5
LUNCH MENU

| | MON | TUES | WED | THURS | FRI |
|-------------------------|--|--|--|--|---|
| CENTER PLATE | SALISBURY STEAK WITH GRAVY & ROLL | CHILI GARLIC POPCORN CHICKEN WITH LO MEIN | CHEESY BAKED ZITI WITH BREADSTICK | PULLED PORK SANDWICH WITH COLE SLAW | KICKIN CHICKEN BUFFALO FRIES WITH HAWAIIAN ROLL |
| TORTILLA | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS |
| PIZZA | CHEESE, PEPPERONI, SAUSAGE PASTA BAR | CHEESE OR PEPPERONI, BUFFALO CHICKEN PASTA BAR | CHEESE OR PEPPERONI, VEGGIE PASTA BAR | CHEESE OR PEPPERONI, BUFFALO CHICKEN PASTA BAR | CHEESE OR PEPPERONI, VEGGIE PASTA BAR |
| GRILL | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN |
| EXPRESS | RANCH CHICKEN SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | RANCH CHICKEN SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | RANCH CHICKEN SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | RANCH CHICKEN SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | RANCH CHICKEN SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP |
| FRUIT, VEGGIE & MILK | GREEN BEANS, FRESH BROCCOLI, APPLE SLICES, MIXED FRUIT, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | STEAMED CARROTS, RED PEPPERS, TATER TOT TUESDAY BANANA, PEACHES, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | STEAMED BROCCOLI, CUCUMBER, STRAWBERRIES, APPLESAUCE, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | BAKED BEANS, CHERRY TOMATOES, ORANGE WEDGES, PEARS, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | SWEET CORN, BABY CARROTS, FRENCH FRYDAY FRUIT CUP, PUDDING, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK |



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RALLY CAFE

LEBANON HIGH SCHOOL

May 8-12
LUNCH MENU

| | MON | TUES | WED | THURS | FRI |
|----------------------|--|---|--|--|--|
| CENTER PLATE | BREADED CHICKEN DRUMSTICK WITH BISCUIT STICK | BUFFALO CHICKEN MAC & CHEESE | SWEET & SOUR CHICKEN WITH RICE | CHEESEY EGGS WITH FRENCH TOAST STICKS | BROCCOLI & CHEESE BAKED POTATO WITH CORN POPPERS |
| TORTILLA | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS |
| PIZZA | CHEESE, PEPPERONI, SAUSAGE PASTA BAR | CHEESE OR PEPPERONI, BUFFALO CHICKEN PASTA BAR | CHEESE OR PEPPERONI, BBQ CHICKEN PASTA BAR | CHEESE OR PEPPERONI, BUFFALO CHICKEN PASTA BAR | CHEESE OR PEPPERONI, VEGGIE PASTA BAR |
| GRILL | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN |
| EXPRESS | HAM CHEF SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | HAM CHEF SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | HAM CHEF SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | HAM CHEF SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | HAM CHEF SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP |
| FRUIT, VEGGIE & MILK | GREEN BEANS, FRESH BROCCOLI, APPLE SLICES, MIXED FRUIT, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | STEAMED CARROTS, RED PEPPERS, TATER TOT TUESDAY BANANA, PEACHES, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | STEAMED BROCCOLI, CUCUMBER, STRAWBERRIES, APPLESAUCE, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | BAKED BEANS, CHERRY TOMATOES, ORANGE WEDGES, PEARS, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | SWEET CORN, BABY CARROTS, FRENCH FRYDAY FRUIT CUP, PUDDING, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK |



**CHIPOTLE
CHICKPEA
SUB**



CHIPOTLE CHICKPEA SALAD, PEPPER JACK CHEESE, WHOLE GRAIN SUB ROLL, LETTUCE, TOMATO AND BANANA PEPPERS SERVED WITH BROCCOLI CRAISIN SALAD

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STUDENT
NUTRITION

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RALLY CAFE

LEBANON HIGH SCHOOL

May 15-19
LUNCH MENU

| | MON | TUES | WED | THURS | FRI |
|----------------------|--|---|--|---|--|
| CENTER PLATE | FISH STICKS WITH MAC & CHEESE | COUNTRY CHICKEN BOWL WITH ROLL | CHEESY BAKED PENNE WITH BREADSTICK | CHICKEN TIKKA MASALA WITH RICE | CAJUN CHILI CHEESE FRIES WITH SCOOPS |
| TORTILLA | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS |
| PIZZA | CHEESE, PEPPERONI, SAUSAGE PASTA BAR | CHEESE OR PEPPERONI, BUFFALO CHICKEN PASTA BAR | CHEESE OR PEPPERONI, BBQ CHICKEN PASTA BAR | CHEESE OR PEPPERONI, BUFFALO CHICKEN PASTA BAR | CHEESE OR PEPPERONI, VEGGIE PASTA BAR |
| GRILL | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN |
| EXPRESS | CHICKEN & CHEESE SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | CHICKEN & CHEESE SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | CHICKEN & CHEESE SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | CHICKEN & CHEESE SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | CHICKEN & CHEESE SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP |
| FRUIT, VEGGIE & MILK | GREEN BEANS, CELERY, APPLE SLICES, MIXED FRUIT, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | MIX VEG, RED PEPPERS, TATER TOT TUESDAY BANANA, PEACHES, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | STEAMED BROCCOLI, CUCUMBER, STRAWBERRIES, APPLESAUCE, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | CAMPFIRE BEANS, CAULIFLOWER, ORANGE WEDGES, PEARS, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | SWEET CORN, BABY CARROTS, FRENCH FRYDAY FRUIT CUP, PUDDING, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK |



CHIPOTLE
CHICKPEA
SUB



CHIPOTLE CHICKPEA SALAD, PEPPER JACK CHEESE, WHOLE GRAIN SUB ROLL, LETTUCE, TOMATO AND BANANA PEPPERS SERVED WITH BROCCOLI CRAISIN SALAD

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STUDENT
NUTRITION

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RALLY CAFE

LEBANON HIGH SCHOOL

May 22 & 23
LUNCH MENU

| | MON | TUES | WED | THURS | FRI |
|----------------------|--|---|-----|-------|-----|
| CENTER PLATE | COOK'S CHOICE | COOK'S CHOICE | | | |
| TORTILLA | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | MADE TO ORDER NACHOS, TACOS, OR RICE BOWLS | | | |
| PIZZA | CHEESE, PEPPERONI, SAUSAGE PASTA BAR | CHEESE OR PEPPERONI, BUFFALO CHICKEN PASTA BAR | | | |
| GRILL | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | CHEESEBURGER, CHICKEN FILET OR SPICY CHICKEN | | | |
| EXPRESS | BUFFALO CHICKEN SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | BUFFALO CHICKEN SALAD WITH ROLL, TURKEY OR HAM & CHEESE SUB, CHICKEN WRAP | | | |
| FRUIT, VEGGIE & MILK | GREEN BEANS, CELERY, APPLE SLICES, MIXED FRUIT, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | MIX VEG, RED PEPPERS, TATER TOT TUESDAY BANANA, PEACHES, 100% FRUIT JUICE 1% OR LOW FAT FLAVORED MILK | | | |



**CHIPOTLE
CHICKPEA
SUB**



TOMATO AND BANANA PEPPERS SERVED WITH BROCCOLI CRAISIN SALAD