




# Lunch Menu

Middle School/High School  
December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Student Breakfast Meal</a> \$2.50 <a href="#">Student Lunch Meal</a> \$4.25	<b>Breakfast: Available</b> 7:30am-9:30am daily <a href="#">Adult Lunch</a> <b>\$5.50 (Includes tax)</b>			<b>1</b> Pasta with Chicken Meatballs and Sauce*  Romaine Salad Fresh Steamed Kale
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Fish Tacos Steamed Brown Rice  Side Salad Red Peppers Strips	Breaded Chicken Sandwich  Steamed Carrots Celery Sticks	Beef Nachos* Topped with Cheddar Cheese  Fresh Steamed Zucchini Roasted Carrots	Buffalo Chicken Wings Brown Rice  Roasted Corn	Grilled Cheese  Side Salad Roasted Broccoli
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Pasta with Chicken Meatballs and Sauce*  Baby Carrots Celery Stick	Meatloaf With Gravy Mashed Potato  Roasted Broccoli	Chicken Dumplings* Fried Rice  Baby Carrots Sautéed Kale	French Toast* Chicken Sausage Syrup  Pinto Beans	Beef Nachos with Tater Tots  Sliced Cucumber
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Chicken Corn Dog* Mac and Cheese  Steamed Broccoli	Chicken Marsala Breadstick  Steamed Carrots	Cheese Quesadilla Or Beef Quesadilla  Corn on the Cob	BBQ Chicken Flatbread  Roasted Zucchini	Early Release <i>Happy Holidays</i>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Holiday Recess 	Holiday Recess 	Holiday Recess 	Holiday Recess 	Holiday Recess 

## Offering Daily

-**ACTION STATION**-Sautéed Fresh & Hot! Lo Mein Bar made to order

-**SMOOTHIE STATION**- Yogurt blended with fruit and Granola on the side

-**DELI STATION** - Made to Order Sandwiches with Boars Head Meats

-**GOURMET PIZZA STATION**-Specialty Pizzas Daily along with Cheese, Pepperoni (P) and Turkey, Salami (P) and Mozzarella Cheese Stromboli

All Meals include: Entrée, 1 cup of Vegetables, Bread/Grain (All grains served are whole grain) , Fresh Fruit (choice of apples, oranges or bananas) and a choice of Milk (Fat Free White, Chocolate or 1% Milk, No rBST and No Artificial Hormones)

All salad dressings are **FREE** from Hydrogenated Oils, High Fructose Corn Syrup, Preservatives, and Artificial Ingredients & Trans Fat. Local Produce used throughout the month when available from local NJ/NY Farms. A Gluten Free Meal is always available—ask servers for assistance.

Throughout the month of December the following assortments of fruit will be served: Blueberries, Cantaloupe, Honeydew, Pears, Strawberries, Watermelon & Grapes

**Breakfast menu:** Omelets Made To Order, Egg Sandwiches, Bagels, Cold Cereal, Muffins and More!

*Breakfast is available 7:30 am to 9:30 am daily*

**New This Year –Coffee station available for HS Student and Staff Only**

[Click here](#) to see the Selection of Ala carte healthy Snacks and beverages with prices.

These items require payment at the register or funds on account with MySchoolBucks.