




Lunch Menu

Middle School/High School
November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Student Breakfast Meal \$2.50 Student Lunch Meal \$4.25	Breakfast: Available 7:30am-9:30am daily Adult Lunch \$5.50 (Includes tax)	1 Beef Nachos * Topped W/ Cheddar Cheese Fresh Steamed Zucchini Roasted Carrots	2 Baked Chicken * Mac and Cheese * Roasted Mixed Vegetables	3 Flatbread Grilled Cheese * Romaine Salad Fresh Steamed Kale
6	7	8	9	10
Chicken Meatball Pasta Penne with Spaghetti Sauce Garlic Toast Side Salad	School Closed Election Day	Vegetable Dumplings Fried Vegetable Rice Baby Carrots	Breakfast for Lunch French Toast * Turkey Sausage Pinto Beans Sweet Potato Fries	School Closed Veteran's Day
13	14	15	16	17
Chicken Corn Dog * Mac and Cheese * Baby Carrots Celery Stick	Baked Chicken Breadstick Baked Beans	Pop Corn Chicken With Mashed Potato WG Roll Roasted Zucchini	BBQ Chicken Flatbread Edamame Beans	Baked Penne with Cottage & Mozzarella * Celery Stick Side Salad
20	21	22	23	24
Breaded Baked Fish Sandwich Waffles Fries Steamed Broccoli	Beef & Rice Bowl W/Topping Celery Sticks Side Salad		Thanksgiving Recess 	Thanksgiving Recess
27	28	29	30	
Chicken Lo Mein Baby Carrots Edamame Beans	Chicken Parm with Marinara Sauce * Spaghetti Garlic Toast	General Tso Chicken Brown Rice Roasted Zucchini	Fresh Waffles Made to Order Turkey Links Sweet Potato	

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 Snacks and 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 October 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.