Lunch Menu

May 2023

Chicken Patty * Maffle Fries	Monday	Tuesday	Wednesday	Thursday	Friday
Mashed Potato Biscuit Biscuit Beef, Mexican Corn and Pico de Gallo Steamed Carrots Fresh Steamed Broccoli Fresh Steamed Broccoli Beef Mexican Corn and Pico de Gallo Steamed Carrots Fresh Zucchini Beef Mexican Corn and Pico de Gallo Steamed Carrots Fresh Zucchini Beef Mexican Corn and Pico de Gallo Steamed Carrots Fresh Zucchini Beef Mexican Corn and Pico de Gallo Steamed Carrots Fresh Zucchini Beef Mexican Corn and Pico de Gallo Steamed Broccoli Totar Tots Beef Bowl * Fresh Steamed Kale Red Pepper Strips Beef Bowl * Fresh Steamed Kale Red Pepper Strips Beef Bowl * Fresh Steamed Kale Red Pepper Strips Beef Bowl * Fresh Steamed Kale Red Pepper Strips Beef Bowl * Fresh Steamed Kale Red Pepper Strips Beef Bowl * Fresh Steamed Kale Red Pepper Strips Beef Bowl * Fresh Steamed Kale Red Pepper Strips Beef Bowl * Fresh Steamed Kale Red Pepper Strips Beef Bowl * Fresh Steamed Kale Red Pepper Strips Beef Bowl * Fresh Steamed Kale Red Pepper Strips Collard Greun Beef Bowl * Dinner Roll Beef Bowl * Dinner Roll Collard Green Beef Bowl * Dinner Roll Beef Bowl * Dinner Roll Collard Green Collard Green Whole Wheat Dinner Roll Steamed Broccoli Red Pepper Strips Coleslaw Salad	1	2	3	4	5
Biscuit Green Beans Fresh Steamed Broccoli Beef Meatballs* Spaghetti with Marinara Sauce* Garlic Toast Side Salad Roasted Broccoli Tater Tots Collard Green Baked Fish Sticks* Celery Sticks Breadsticks Celery Sticks Breadsticks Breadsticks Chicken Causage Syrup Collard Green Beef Bowl * Dinner Roll Collard Green Collard Green Tater Tots Collard Green Collard Frech Toast Collard Green Co	Chicken Patty *	Baked Fried Chicken *	Rice Bowl *	Baked Fish Sticks*	Beef Burrito*
Biscuit Green Beans Fresh Steamed Broccoli Fresh Steamed Carrots Fresh Zucchini Beef Meatballs* Spaghetti with Marinara Sauce* Garlic Toast Side Salad Roasted Broccoli Tater Tots Collard Green Steamed Broccoli Tater Tots Collard Green Steamed Broccoli Tater Tots Collard Green Steamed Broccoli Tater Tots Collard Green Tater Tots Collard Green Tater Tots Collard Green Tater Tots Collard Green Collard Green Tater Tots Collard Green Tater Tots Collard Green Tater Tots Collard Green Collard Green Acorn Squash Steamed Broccoli Red Pepper Strips Coleslaw Salad Coleslaw Sal	Mashed Potato	Waffle Fries		Mac and Cheese *	Steamed Rice Bowl
Seef Meathalls* Spaghetti with Marinara Sauce* Sauce Garlic Toast	Biscuit		de Gallo		
Seen Beans Fresh Steamed Broccoli Fresh Zucchini Celery Sticks Red Pepper Strips			Steamed Carrots	Roasted Mix Vegetables	Fresh Steemed Kale
Beef Meatballs* Spaghetti with Marinara Sauce Garlic Toast Side Salad Roasted Broccoli Tater Tots Chicken Quesadilla* Sweet Potato Fries Roasted Broccoli Tater Tots Collard Green 15 16 17 18 Mac and Cheese* Baked Fish Sticks* Celery Sticks Baked Beans Baby Carrots Baked Beans Garlic Toast Celery Sticks Celery Sticks Celery Sticks Celery Sticks Beef Bowl * Dinner Roll Beef Bowl * Dinner Roll Collard Green Collard Green Collard Green Collard Green Ravioli with Marinara Sauce* Breadstick Chicken Quesadilla* Or Cheese Quesadilla* Steamed Broccoli Red Pepper Strips Coleslaw Salad Campfire Pinto Beans Coleslaw Salad Colesl	Green Reans	Fresh Steamed Broccoli	Fresh Zucchini	_	
Beef Meatballs* Spaghetti with Marinara Sauce Garilc Toast Side Salad Roasted Broccoli Steamed Broccoli Tater Tots Collard Green 15 16 17 Ravioli with Marinara Sauce* Breadsticks Steamed Broccoli Tater Tots Collard Green 15 Mac and Cheese* Baked Fish Sticks* Celery Sticks Baked Beans Baby Carrots Baked Bean and Beef Whole Wheat Dinner Roll* Celery Sticks Grilled Chicken Alfredo with Penne Pasta * Garlic Toast Mexicali Corn Red Peppers Strips Mexicali Corn Red Peppers Strips Chicken Quesadilla* Beef Bowl * Dinner Roll Beef Bowl * Dinner Roll Collard Green Collard Green Collard Green Collard Green Chicken Quesadilla* Or Cheese Quesadilla* Steamed Broccoli Red Pepper Strips Campfire Pinto Beans Coleslaw Salad Coleslaw Salad SchOOL CLOSED SchOOL CLOSED Steamed Broccoli Baby Carrots Steamed Broccoli Baby Carrots Steamed Broccoli Baby Carrots		0	10	11	12
Spaghetti with Marinara Sauce Garilic Toast Side Salad Roasted Broccoli Steamed Broccoli Tater Tots Collard Green 15 16 17 18 19 Mac and Cheese* Baked Fish Sticks* Celery Sticks Baked Beans Baby Carrots Baked Potato With Penne Pasta * Garilic Toast French Zucchini Carrots Red Peppers Strips Steamed Broccoli Red Peppers Strips Baked Corn Muffin Carrots French Toast * Chicken Sausage Steamed Broccoli Red Pepper Strips Chicken Quesadilla* Chicken Quesadilla* Steamed Broccoli Red Pepper Strips Campfire Pinto Beans Coleslaw Salad Steamed Broccoli Baked Potato With Vegetarian Chili* Freshly Baked Corn Muffin Carrots Steamed Broccoli Baby Carrots Steamed Broccoli Baby Carrots			10		
Sauce Garlic Toast Side Salad Roasted Broccoli Steamed Broccoli Tater Tots Collard Green 15 16 17 Ravioli with Marinara Sauce* Breadstick Breadstick Chicken Quesadilla* Or Cheese Quesadilla* Baked Fish Sticks* Baked Beans Baby Carrots Baked Beans Baby Carrots Acorn Squash Celery Sticks Grilled Chicken Alfredo with Penne Pasta* Garlic Toast Mexicali Corn Red Peppers Strips Green Beans Celery Sticks Breadstick Chicken Quesadilla* Chicken Quesadilla* Steamed Broccoli Red Pepper Strips Campfire Pinto Beans Coleslaw Salad Coleslaw Salad SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED Steamed Broccoli Baby Carrots School CLOSED Steamed Broccoli Baby Carrots School CLOSED Steamed Broccoli Baby Carrots Steamed Broccoli Baby Carrots					
Side Salad Roasted Broccoli Steamed Broccoli Tater Tots Collard Green 15 16 17 18 19 Mac and Cheese* Baked Fish Sticks* Chicken and Mashed Potato Bowl * Biscuit Baked Beans Baby Carrots Celery Sticks Celery Sticks Celery Sticks Celery Sticks Celery Sticks Celery Sticks Baean and Beef Tortilla Bowl* Garlic Toast Mexicali Corn Red Peppers Strips Celery Sticks Collard Green 18 19 Mini Chicken Sliders on Whole Wheat Dinner Roll* Campfire Pinto Beans Coleslaw Salad Coleslaw Salad SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED Steamed Broccoli Baby Carrots	Sauce		Breadsticks	Chicken Sausage	Dinner Roll
15 16 17 18 19	Gariic Toast			Syrup	
Mac and Cheese* Baked Fish Sticks* Chicken and Mashed Potato Bowl * Biscuit Baked Beans Celery Sticks Chicken Quesadilla* Chicken Quesadilla* Chicken Quesadilla* Chicken Quesadilla* Campfire Pinto Beans Coleslaw Salad Coleslaw Salad Coleslaw Salad Coleslaw Salad School Closed Sc	Side Salad	Roasted Broccoli	Steamed Broccoli	Tater Tots	Collard Green
Mac and Cheese* Baked Fish Sticks* Chicken and Mashed Potato Bowl * Biscuit Baked Beans Baby Carrots Celery Sticks Chicken Quesadilla* Steamed Broccoli Beans Coleslaw Salad Coleslaw Salad Coleslaw Salad Coleslaw Salad School Closed Sch					
Baked Fish Sticks* Potato Bowl * Biscuit Baked Beans Baby Carrots Acorn Squash Steamed Broccoli Red Pepper Strips Coleslaw Salad 22 23 24 25 Grilled Chicken Alfredo with Penne Pasta * Garlic Toast Fresh Zucchini Carrots Mexicali Corn Red Peppers Strips Mexicali Corn Red Peppers Strips Green Beans Celery Sticks Breadstick Or Cheese Quesadilla* Steamed Broccoli Red Pepper Strips Steamed Broccoli Baby Carrots Whole Wheat Dinner Roll* Whole Wheat Dinner Roll* Or Cheese Quesadilla* Steamed Broccoli Baby Carrots Whole Wheat Dinner Roll* Whole Wheat Dinner Roll* Campfire Pinto Beans Coleslaw Salad SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED Steamed Broccoli Baby Carrots	15	16	17	18	19
Biscuit Biscuit Baked Beans Baby Carrots Acorn Squash Cheese Quesadilla* Steamed Broccoli Red Pepper Strips Coleslaw Salad 22 23 24 25 Grilled Chicken Alfredo with Penne Pasta * Garlic Toast Freshly Baked Corn Muffin Carrots Mexicali Corn Red Peppers Strips Green Beans Celery Sticks Green Beans Celery Sticks Without Mead Dillie Molia Cheese Quesadilla* Campfire Pinto Beans Coleslaw Salad Campfire Pinto Beans Coleslaw Salad SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED SCHOOL CLOSED Steamed Broccoli Baby Carrots		Chicken and Mashed	Ravioli with Marinara Sauce*	Chicken Quesadilla*	Mini Chicken Sliders on
Celery Sticks Baked Beans Baby Carrots Acorn Squash Steamed Broccoli Red Pepper Strips Coleslaw Salad 22 23 24 25 Grilled Chicken Alfredo with Penne Pasta * Garlic Toast Fresh Zucchini Carrots Mexicali Corn Red Peppers Strips Green Beans Celery Sticks Steamed Broccoli Red Pepper Strips Steamed Broccoli Topped with Cheddar, Jalapenos and Sour Cream* Brown Steamed Rice Steamed Broccoli Baby Carrots	Baked Fish Sticks*		Breadstick		Whole Wheat Dinner Roll*
Celery Sticks Baby Carrots Acorn Squash Red Pepper Strips Coleslaw Salad 22 25 Grilled Chicken Alfredo with Penne Pasta * Garlic Toast Fresh Zucchini Carrots Mexicali Corn Red Peppers Strips Acorn Squash Baked Potato With Vegetarian Chili* Freshly Baked Corn Muffin Green Beans Celery Sticks Green Beans Celery Sticks Coleslaw Salad Coleslaw Salad SCHOOL CLOSED Sc		Biscuit		Cheese Quesadilla*	
Celery Sticks Baby Carrots Acorn Squash Red Pepper Strips Coleslaw Salad 22 25 Grilled Chicken Alfredo with Penne Pasta * Garlic Toast Fresh Zucchini Carrots Mexicali Corn Red Peppers Strips Acorn Squash Baked Potato With Vegetarian Chili* Freshly Baked Corn Muffin Green Beans Celery Sticks Green Beans Celery Sticks Coleslaw Salad Coleslaw Salad SCHOOL CLOSED Sc		Baked Beans		Steamed Broccoli	Campfire Pinto Beans
Grilled Chicken Alfredo with Penne Pasta * Garlic Toast Fresh Zucchini Carrots Bean and Beef Tortilla Bowl* Baked Potato With Vegetarian Chili* Freshly Baked Corn Muffin Beef Nacho Topped with Cheddar, Jalapenos and Sour Cream* Brown Steamed Rice SCHOOL CLOSED	Celery Sticks		Acorn Squash		_
Grilled Chicken Alfredo with Penne Pasta * Garlic Toast Fresh Zucchini Carrots Bean and Beef Tortilla Bowl* Baked Potato With Vegetarian Chili* Freshly Baked Corn Muffin Beef Nacho Topped with Cheddar, Jalapenos and Sour Cream* Brown Steamed Rice SCHOOL CLOSED					
with Penne Pasta * Garlic Toast Tortilla Bowl* With Vegetarian Chili* Freshly Baked Corn Muffin Fresh Zucchini Carrots Mexicali Corn Red Peppers Strips Green Beans Celery Sticks Topped with Cheddar, Jalapenos and Sour Cream* Brown Steamed Rice Steamed Broccoli Baby Carrots	22	23	24	25	
Garlic Toast Freshly Baked Corn Muffin Freshly Baked Corn Muffin Jalapenos and Sour Cream* Brown Steamed Rice Freshly Baked Corn Muffin Green Beans Celery Sticks Steamed Broccoli Baby Carrots					SCHOOL CLOSED
Fresh Zucchini Carrots Mexicali Corn Red Peppers Strips Green Beans Celery Sticks Brown Steamed Rice Steamed Broccoli Baby Carrots		Tortilla Bowl*	•		
Fresh Zucchini Carrots Mexicali Corn Red Peppers Strips Green Beans Celery Sticks Steamed Broccoli Baby Carrots	Garlic Toast		Freshly Baked Corn Muffin	•	
Carrots Red Peppers Strips Green Beans Steamed Broccoli Celery Sticks Baby Carrots					
Celery Sticks Baby Carrots	Fresh Zucchini	Mexicali Corn			
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			Celery Sticks	baby Carrots	
29 30 31	29	30	31		
Memorial Day Breakfast for Lunch Grilled Cheese on Whole		Breakfast for Lunch			
SCHOOL CLOSED Scrambled Eggs Wheat Bread*	SCHOOL CLOSED		Wheat Bread*	- deather	A STATE OF THE STA
Pancakes*	Section 1	Pancakes*			
Tater Tots Toward Works		Tator Tota			
Tomato Wedges Broccoli Baked Beans			Tomato Wedges Baked Beans		The second second
		2.0000	Danca Deario		

Offering Daily

- *ACTION STATION-Sautéed Fresh & Hot! Brown Rice Bar made to order
- *SMOOTHIE STATION- Yogurt blended with fruit and Granola on the side
- *<u>DELI STATION</u> Made to Order Sandwiches with Boars Head Meats
- *GOURMET PIZZA STATION-Specialty Pizzas Daily along with Cheese, Pepperoni (P)
- *Grab n Go STATION- Burgers & Chicken Sandwiches on a Bun
 - *SALAD STATION- choice of various offerings with Dinner Rolls
- *DAILY VEGETABLES-Carrot Sticks and Cucumber Coins offered daily

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 available with 1 day notification

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

 $\underline{\textbf{Click here}}\ \textbf{to see the Selection of Ala carte healthy Snacks and beverages with prices}.$

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

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