



# Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Beef Salisbury Steak With Gravy Dinner Roll Mashed Potato  Broccoli	Chicken LoMein *Edamame  Sliced Red Peppers	 School Closed	Fish Bites *Mac and Cheese  MixedVegetables Celery Sticks	Diced Chicken Bowl With White Beans Fresh Kale Sauteed  Glazed Carrots
10	11	12	13	14
 School Closed	Beef Meatballs & Spaghetti Pasta With Spaghetti Sauce  Roasted Vegetables	Sweet and Sour Chicken Steamed Brown Rice  Beans Squash	Breakfast for Lunch French Toast, Syrup, *Scrambled Eggs  Sweet Potato Celery Sticks	Disco Fries Bowl with Ground Beef & Dinner Roll  Collard Greens Tomato
17	18	19	20	21
Fish Bites *Macaroni & Cheese Waffle Fries  Celery	Popcorn Chicken Bowl Biscuit  Steamed Carrot Coins	*Ravioli with Marinara Sauce Breadstick  Broccoli	Chicken Tikka Marsala  Cauliflower	Beef Chili with Fries Black Beans  Roasted Red Peppers
24	25	26	27	28
*Chicken Alfredo Pasta Garlic Bread  Zucchini	Beef and Rice Bowl  Roasted Corn Red Peppers	Vegetarian Chili Corn Muffin  Green Beans Celery	Roasted Chicken With Rice  Broccoli *Edamame	Beef Meatloaf Dinner Roll  Pinto Beans Coleslaw
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Country Fried Steak With Gravy Biscuit  Baked Beans Tomato	<u>Student Breakfast Meal \$2.50</u> <u>Student Lunch Meal \$4.25</u>		<u>Adult Breakfast Meal \$3.00 (including tax)</u> <u>Adult Lunch Meal \$5.50 (including tax)</u>	

Offering Daily

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

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*

[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.