



Middle School, October 2011



Milk Choices

Varieties available daily include
1% White,
1% Chocolate,
& Skim Milk

Available Daily

PB & Jelly Sandwich
Hamburgers
Cheeseburger
Chicken Patties
 Tony's Pizza



Made with healthy
Whole Grains



Ovo-Lacto Vegetarian
May contain egg or milk

Want a quick healthy complete lunch try our Bagel Bag; Baby carrots, a fresh apple, cheese sticks, & a Lender's bagel..available everyday

1 **Beef Nachos**
Salad : Cheese & Fruit
Chicken Patty BLT

2 **Baked Ziti**
Salad: Hummus Platter
Meatball Sub

3 **Diced Chicken Teriyaki w/ Brown Rice & Veggies**
Salad: Chef salad
Three Cheese Panini

4 **Pizza Fridays**
Pepperoni/Cheese
Salad: Chicken Caesar
Beef Gyro on Pita

7 **Chicken Nuggets w/brown rice**
Salad: Chicken Caesar
Chicken Italiano

8 **Election Day School is closed**

9 **California Burger w/wheat bun**
Salad: Hummus Platter
Chicken Parmesan Sandwich

10 **NJEA Convention School is closed**

11 **NJEA Convention School is closed**

14
Chicken Patty Served w/ bun
Salad: Chicken Caesar
Cheese
Quesadilla

15 **Turkey Hot Dog w/hot dog roll**
Salad: Cheese & Fruit
Spicy Buffalo Wrap

16 **Chicken Fingers w/BBQ Sauce & roll**
Salad: Hummus Platter
Meatball Parmesan

17
Pancakes & Scrambled Eggs
Salad: Chef Salad
Chicken Italiano

18 **Pizza Fridays**
Veggie/Cheese
Salad: Chicken Caesar
Chicken Patty BLT

21
Chicken Nuggets w/brown rice
Salad: Chicken Caesar
Santa Fe Turkey Sandwich

22 **Beef Tacos w/soft tortilla or corn shell**
Salad: Cheese & Fruit
Chicken Fajitas

23 **Tony's Cheesy Breadstick w/ Marinara sauce**
Salad: Hummus Platter
Crispy Chicken Panini

24 **Happy Thanksgiving! School is closed**

25 **Happy Thanksgiving! School is closed**

28
Chicken Patty Served w/ bun
Salad: Chicken Caesar
Cheese
Quesadilla

29 **French Toast Sticks W/ Turkey sausage Patty**
Salad: Cheese & Fruit
3 Cheese Panini

30 **Macaroni & Cheese**
Salad: Hummus Platter
Sausage and Pepper Sub

Daily Salads
Mon: Chicken Caesar
Tues: Cheese & Fruit
Weds: Hummus Platter
Thurs: Chef
Fri: Chicken Caesar

- We use low sodium seasoning and no trans fats in production.
- Whole Wheat Bread is available upon request
- Whole Grains are encouraged and offered when ever possible
- Using our icons can help you build a healthy meal every-day.
- Feel free to contact the Foodservice Office @ 908-709-2012 if you have any questions.



Meal Tickets Are Always Available In The Main Office
Meal Price \$2.45

