

Middle School, December 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



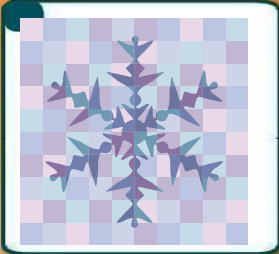
Ovo-Lacto Vegetarian
May contain egg or milk

Daily Sandwich

Mon: Turkey
Tues: Bologna
Weds: Italian Hoagie
Thurs: Cheese
Fri: Tuna

Daily Salads

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



1 Diced Chicken Teriyaki w/ Brown Rice & Veggies

Salad: Chef salad

Three Cheese Panini

2 Pizza Fridays

Pepperoni/Cheese

Salad: Chicken Caesar

Beef Gyro on Pita

5 Chicken Nuggets w/brown rice

Salad: Chicken Caesar

6 French Toast Sticks w/turkey sausage patties

Salad: Cheese & Fruit

Chicken Fajita

7 Tony's Cheesy Breadsticks w/ Marinara Sauce

Salad: Hummus Platter

Chicken Parmesan Sandwich

8 Macaroni & Cheese

Salad: Chef Salad

Sausage & Pepper Sub

9 Pizza Fridays

Buffalo/Cheese

Salad: Chicken Caesar

Philly Cheese Steak

12 Chicken Patty Served on a bun

Salad: Chicken Caesar

Santa Fe Turkey Sandwich

13 Turkey Hot Dog w/hot dog roll

Salad: Cheese & Fruit

Spicy Buffalo Wrap

14 Chicken Fingers w/BBQ Sauce & roll

Salad: Hummus Platter

Meatball Parmesan

15 Beef Nachos

Salad: Chef Salad

Shredded Lettuce & Salsa
Fresh Apple

16 Pizza Fridays

Veggie/Cheese

Salad: Chicken Caesar

Chicken Patty BLT

19 Chicken Nuggets w/brown rice

Salad: Chicken Caesar

Cheese Quesadilla

20 Beef Tacos w/soft tortilla or corn shell

Salad: Cheese & Fruit

Chicken Fajitas

21 Pancakes and Scrambled eggs

Salad: Hummus Platter

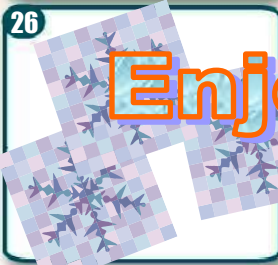
Crispy Chicken Panini

22 Baked Ziti

Salad: Chef salad

Meatball Sub

1/2 Session Winter Recess begins



Enjoy your Winter Recess See you next year!



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

- We use low sodium seasoning and no trans fats in production.
- Using our icons can help you build a healthy meal everyday.
- Feel free to contact the Foodservice Office @ 908-709-2012 if you have any questions.

