



# Middle School, January 2012

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

WG 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

**2** **Chicken Patty Served on a bun**

Salad: Chicken Caesar

Sausage & Pepper Sub

**3** **Taco w/ all the Fixin's**

Salad: Cheese & Fruit

Reuben

**4** **Cheese Burger**

Salad: Hummus Platter

Cheese Quesadilla

**5** **Chicken Fingers**

Salad: Chef salad

Three Cheese Panini ✓

**6** **Pizza Fridays**  
**Pepperoni/Cheese** ✓

Salad: Chicken Caesar

Beef Gyro on Pita

**9** **Chicken Nuggets w/brown rice**

Salad: Chicken Caesar

Spaghetti w/Meatsauce

**10** WG V **French Toast Sticks w/turkey sausage patties**

Salad: Cheese & Fruit

Chicken Fajita

**11** **Tony's Cheesy Breadsticks w/ Marinara Sauce** ✓

Salad: Hummus Platter

Chicken Parmesan Sandwich

**12** **Macaroni & Cheese** ✓

Salad: Chef Salad

Sausage & Pepper Sub

**13** **Pizza Fridays**  
**Buffalo/Cheese** ✓

Salad: Chicken Caesar

Philly Cheese Steak

**16** WG **Chicken Patty Served on a bun**

Salad: Chicken Caesar

Santa Fe Turkey Sandwich

**17** **Turkey Hot Dog w/hot dog roll**

Salad: Cheese & Fruit

Spicy Buffalo Wrap

**18** **Chicken Fingers w/BBQ Sauce & roll**

Salad: Hummus Platter

Meatball Parmesan

**19** V WG **Beef Nachos**

Salad: Chef Salad

Shredded Lettuce & Salsa Fresh Apple

**20** **Pizza Fridays**  
**Veggie/Cheese** ✓

Salad: Chicken Caesar

Chicken Patty BLT

**23** **Chicken Nuggets w/brown rice** WG

Salad: Chicken Caesar

Cheese Quesadilla ✓

**24** **Beef Tacos w/soft tortilla or corn shell** WG

Salad: Cheese & Fruit

Chicken Fajitas

**25** **Pancakes and Scrambled eggs**

Salad: Hummus Platter

Crispy Chicken Panini

**26** **Spaghetti w/Meatsauce**

Salad: Chef salad

Meatball Sub

**27** **Pizza Fridays**  
**BBQ Chicken Pizza**

Salad: chicken Caesar

Chicken Parmesan Sandwich

**30** **Chicken Patty Served on a bun**

Salad: Chicken Caesar

Hot Ham & Cheese On a bagel

**31** **Nachos**

Salad: Cheese & Fruit

Pizza Bagel

**1** **Mozzarella Sticks**

Salad: Hummus Platter

Buffalo Wrap

**2** **Grilled Cheese**

Salad: Chef salad

Chicken Italiano

**3** **Pizza Fridays**  
**Pepperoni Pizza**

Salad: chicken Caesar

Cubano Panini

- 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.



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

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

