



# Middle School, September

## Welcome Back to School



**WG** Made with healthy Whole Grains

**V** Ovo-Lacto Vegetarian  
May contain egg or milk

**Available Daily**

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

Welcome Back

Welcome Back

**8** **Diced Chicken Teriyaki w/ Brown Rice & Veggies**

Salad: Chef Salad

**Three Cheese Panini** **V**

**9** **Pizza Fridays**

**Pepperoni/Cheese** **V**

Salad: Chicken Caesar

**Beef Gyro on Pita**

**12** **Chicken Patty** **WG**

Served w/ bun

Salad: Chicken Caesar

**Cheese Quesadilla** **V**

**13** **French Toast Sticks** **WG V**

w/turkey sausage patties

Salad: Cheese & Fruit

**Chicken Fajita**

**14** **California Burger w/wheat bun** **WG**

Salad: Hummus Platter

**Chicken Parmesan Sandwich**

**15** **Macaroni & Cheese** **V**

Salad: Chef Salad

**Sausage & Pepper Sub**

**16** **Pizza Fridays**

**Buffalo/Cheese** **V**

Salad: Chicken Caesar

**Philly Cheese Steak**

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

Salad: Chicken Caesar

**Santa Fe Turkey Sandwich**

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

Salad: Cheese & Fruit

**Spicy Buffalo Wrap**

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

Salad: Hummus Platter

**Meatball Parmesan**

**22** **Pancakes & Scrambled Eggs** **V WG**

Salad: Chef Salad

**Chicken Italiano**

**23** **Pizza Fridays**

**Veggie/Cheese** **V**

Salad: Chicken Caesar

**Chicken Patty BLT**

**26** **Chicken Patty** **WG**

Served w/ bun

Salad: Chicken Caesar

**Cheese Quesadilla** **V**

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

Salad: Cheese & Fruit

**Chicken Fajitas**

**28** **Tony's Cheesy Breadstick w/ Marinara sauce** **V**

Salad: Hummus Platter

**Crispy Chicken Panini**

**29** **No Lunch Today**

Rosh Hashanah

**30** **No Lunch Today**

Rosh Hashanah

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

**Whole Wheat Bread is available upon request**

Whole Grains are encouraged and offered when ever possible

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

**Milk Choices**

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

- We use low sodium seasoning and no trans fats in production.
- Using our icons can help you build a healthy meal everyday.
- Burger Bash this month, try our California Burger.
- 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**

