

# Elementary School Lunches

## September 2010

### Read A New Book Month



Monday	Tuesday	Wednesday	Thursday	Friday
<b>September 12 - Grandparents Day</b> <b>September 18 - Yom Kippur</b> <b>September 23 - First Day of Autumn</b> <b>September 24 - Early Dismissal</b>		1	2	3
		<b>Welcome Back Teachers!</b>		
<b>6 Labor Day</b> 	<b>7</b> Chicken Patty on a bun or Smuckers PB&J Oven Potatoes Chilled Fruit Cup	<b>8</b> Top your own Burger on a Bun or Turkey Sub Tater Tots Chilled Fruit Cup	<b>9</b>  <b>NO SCHOOL</b>	<b>10</b> Oven Baked Pizza or Tuna Sandwich Tasty Tossed Salad Chilled Fruit Cup
<b>13</b> Crispy Chicken Nuggets or Smuckers PB&J Dinner Roll Oven Fries Chilled Fruit Cup	<b>14</b> Nacho Tacos with Meat Shredded Cheese & Lettuce or Ham & Cheese Sub Corn Chilled Fruit Cup	<b>15</b> French Toast Stix with Sausage or Yogurt, Fruit, & Cheese Platter with Crackers 100% Juice Chilled Fruit Cup	<b>16</b> BBQ Rib Sandwich or Turkey Salad Wrap Oven Fries Chilled Fruit Cup	<b>17</b> Oven Baked Pizza or Tuna Sandwich Carrots Sticks Chilled Fruit Cup
<b>20</b> Chicken Patty on a Bun or Smuckers PB & J Smile Potatoes Chilled Fruit Cup	<b>21</b> Cheese Steak Sandwich or Chef Salad with Deli Meat & Crackers Carrot Stix Chilled Fruit Cup	<b>22</b> Hot Dog on a Bun or Deli Sub Oven Fries Chilled Fruit Cup	<b>23</b> Nacho Tacos with Meat Shredded cheese & lettuce or Turkey Sub Corn Chilled Fruit Cup	<b>24</b> Oven Baked Pizza or Tuna Sandwich Tasty Tossed Salad Chilled Fruit Cup
<b>27</b> Chicken Patty On A Bun or Smuckers PB&J Oven Fries Chilled Fruit Cup	<b>28</b> Mozzarella Sticks with Sauce or Chef Salad with Deli Meat & Crackers Carrot Stix Chilled Fruit Cup	<b>29</b> Diced Turkey with Gravy or Deli Sub Mashed Potatoes Dinner Roll Chilled Fruit Cup	<b>30</b> Top Your Own Burger On A Bun or Turkey Sub Tater Tots Chilled Fruit Cup	

## Here's What's Cookin'

Your lunch includes:

Choice of one entrée  
Hot or Cold

Choice of 2 Sides  
Fruit / Vegetable

Choice of Low-fat Milk

A lunch must include a  
minimum of three groups.

If less than three are  
selected, you will be  
charged ala carte.

Full Price Lunch = \$2.75  
Reduced Lunch Price = \$ .40  
Milk = \$ .50

Lunches maybe prepaid

**MENU SUBJECT TO CHANGE**

Families know that kids who  
**EAT SMART** and **PLAY  
HARD** do better  
in school!

Our school is preparing healthier  
meals by serving low-fat dairy  
products, more fruits and  
veggies, whole grains and dried  
beans (to increase fiber), and  
lower fat entrees. **Contact the  
school food service department,  
Michelle Jenkins, R.D. at  
(732) 525-5207 to see what  
healthy changes we are making!**

There are a lot of things you  
can do right around your house  
or neighborhood to get fit and  
have fun.

This month roll down a hill, jump  
rope, or play hopscotch.



Available Choice of Low-Fat Milk    Daily Seasonal Fresh Fruit Basket    Assorted Bread Basket

**Alternate Cold Lunch Choices:**

- 1.) Fiesta Fun Lunch Box with Baked Scoops & Salsa
  - 2.) Bagel Lunch Box with Choice of Peanut Butter or Cheese Stix
- \*Please note: Smuckers Uncrustables sandwiches are on whole wheat bread/rolls.  
Pizza crust is made with whole wheat flour.

