January Robert L. Craig 2023 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 School Closed	3 Cereal Kit	4 Cinnamon Bar	5 Waffles w/ Syrup	6 Cereal Kit
Large Chocolate Chip Muffin	Breakfast Bar	Bagel w/ Cream Cheese	French Toast	School Closed
School Closed	17 Large Fruit Muffin	18 Waffles w/ Syrup	Breakfast Bar	Mini Pancakes w/ Syrup
Cereal Kit	24 Cinnamon Bar	25 Breakfast Bar	26 Cereal Kit	27 French Toast
30 Large Chocolate Chip Muffin	French Toast			

Breakfast includes Entrée (Bread/Grain), 1 cup Fresh or Cupped Fruit & 100% Juice, plus Milk Choice (1% Low-Fat, Non-Fat Chocolate, Skim)



At least 50% of All Grains served w/ your meal are Whole Grain Rich

"This institution is an equal opportunity provider."



JANUARY Moonachie 2023 Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pizza Crunchers & Fries	Taylor Ham Egg & Cheese on a Bagel	Eggo Waffles w/ Syrup & a Cheese Stick	6 Pizzeria Pizza
	Weekly Alternate: Pa	sta w/ Sauce & Cheese w	Dinner Roll	
•	10 Macaroni & Cheese w/ Dinner Roll	Vegetarian Chili w/ Cheddar Cheese & Corn Bread	General Tso's Chicken w/ Veggie Fried Rice & Fortune Cookie	13 Pizzeria Pizza
	Weekly Alternate:	Grill Cheese w/ Chicken S	Soup	
_	17 Grill Cheese w/ Chicken Noodle Soup	18 Baja Crispy Fish Tacos	19 Meatball Parm on a Bun	20 Pizzeria Pizza
	Weekly Alternate: Ma			
Bun w/ Cheese	Spinach & Cheese Empanada w/ Seasoned Rice	25 Huli Huli Chicken (BBQ Chicken) w/ Macaroni Salad	Cheese Ravioli w/ Garlic Bread	27 Pizzeria Pizza
			Weekly Alternate: F	Pizza Crunchers
30	31			
	Chicken Dumplings w/ Pea Stir Fry			
	Weekly A			

A Complete Lunch Includes:

Entrée (with Protein/Grain)

Trip to The Farm Stand

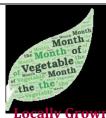
(students must select at least a serving of fruit or vegetable)

Hormone-Free Milk

Menu Subject to Change

Your comments are important to us. Please e-mail us at comments@pomptonian.com





Vegetable



Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

At least 50% of All Grains served w/ your meal are While Grains is an equal opportunity employer





January 2023

Robert L. Craig Elementary School ORDER FORM



Please indicate your breakfast and lunch choice by including the code from the list below in the appropriate box for the days you would like to order. Return each form to the school by 9:00 a.m. on the due date indicated in an ENVELOPE with the exact money OR check made payable to the "Moonachie Board of Education." Breakfast: 2.50 Lunch: 3.75 Reduced Breakfast: No Charge Reduced Lunch: No Charge reakfast Codes: [B1] Daily Special Free Breakfast: No Charge Free Lunch: No Charge [H1] Daily Hot #1 [H2] Alternate Hot Lunch Codes: [W] Chicken Caesar [Y] Yogurt Bagel Bag [D] Daily Deli Sandwich "This institution is an equal opportunity provider." ear at this line and return in an ENVELOPE. BREAKFAST STUDENT'S NAME MON 2 TEACHER _____ ROOM#____ Please check if your 3 TUE student receives CONTACT PHONE # TOTAL \$ WED 4 ☐ Free Lunch NOTE TO FREE BREAKFAST/LUNCH RECIPIENTS: THU 5 ☐ Reduced Price Lunch If you plan to participate in the lunch program, you must fill out FRI 6 and return this form. TOTAL \$: Please return form & payment by Tuesday, Dec 27th, 2022 **BREAKFAST** LUNCH STUDENT'S NAME _____ MON TEACHER ______ ROOM # _____ Please check if your 10 TUE CONTACT PHONE # _____ TOTAL \$ ___ student receives 11 WED ☐ Free Lunch NOTE TO FREE BREAKFAST/LUNCH RECIPIENTS: 12 THU Reduced Price Lunch If you plan to participate in the lunch program, you must fill out 13 FRI and return this form. TOTAL \$: Please return form & payment by Tuesday, Jan 3rd, 2021 DAY **BREAKFAST** LUNCH STUDENT'S NAME _____ 16 MON TEACHER ___ ____ ROOM # __ Please check if your TUE 17 CONTACT PHONE # _____ TOTAL \$ ____ student receives 18 WED ☐ Free Lunch NOTE TO FREE BREAKFAST/LUNCH RECIPIENTS: THU 19 ☐ Reduced Price Lunch If you plan to participate in the lunch program, you must fill out FRI 20 and return this form. TOTAL \$: Please return form & payment by Tuesday, Jan 10th 2021 **BREAKFAST** LUNCH DAY STUDENT'S NAME ____ 23 MON TEACHER _____ ROOM#____ 24 Please check if your TUE student receives CONTACT PHONE # TOTAL \$ 25 WFD ☐ Free Lunch NOTE TO FREE BREAKFAST/LUNCH RECIPIENTS: 26 THU ☐ Reduced Price Lunch If you plan to participate in the lunch program, you must fill out 27 FRI and return this form. TOTAL \$: Please return form & payment by Tuesday, Jan 17th, 2021 BREAKEAST LUNCH DAY STUDENT'S NAME 30 MON TEACHER _____ ROOM#____ Please check if your 31 TUE CONTACT PHONE # _____ TOTAL \$ ____ student receives WED ☐ Free Lunch NOTE TO FREE BREAKFAST/LUNCH RECIPIENTS: THU ☐ Reduced Price Lunch If you plan to participate in the lunch program, you must fill out FRI and return this form. Please return form & payment by Tuesday, Jan 24th, 2021