

# January 2023

## Robert L. Craig

### Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
School Closed 2	Cereal Kit 3	Cinnamon Bar 4	Waffles w/ Syrup 5	Cereal Kit 6
Large Chocolate Chip Muffin 9	Breakfast Bar 10	Bagel w/ Cream Cheese 11	French Toast 12	School Closed 13
School Closed 16	Large Fruit Muffin 17	Waffles w/ Syrup 18	Breakfast Bar 19	Mini Pancakes w/ Syrup 20
Cereal Kit 23	Cinnamon Bar 24	Breakfast Bar 25	Cereal Kit 26	French Toast 27
Large Chocolate Chip Muffin 30	French Toast 31			

**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
2 Pizza Crunchers & Fries	3 Taylor Ham Egg & Cheese on a Bagel	4 Eggo Waffles w/ Syrup & a Cheese Stick	5 Pizzeria Pizza	6 Pizzeria Pizza
<b>Weekly Alternate:</b> Pasta w/ Sauce & Cheese w Dinner Roll				
9 Popcorn Chicken w/ Dinner Roll Blueberry Muffin	10 Macaroni & Cheese w/ Dinner Roll	11 Vegetarian Chili w/ Cheddar Cheese & Corn Bread	12 General Tso's Chicken w/ Veggie Fried Rice & Fortune Cookie	13 Pizzeria Pizza
<b>Weekly Alternate:</b> Grill Cheese w/ Chicken Soup				
16 School Closed	17 Grill Cheese w/ Chicken Noodle Soup	18 Baja Crispy Fish Tacos	19 Meatball Parm on a Bun	20 Pizzeria Pizza
<b>Weekly Alternate:</b> Macaroni & Cheese				
23 Chicken Patty on a Bun w/ Cheese	24 Spinach & Cheese Empanada w/ Seasoned Rice	25 Huli Huli Chicken (BBQ Chicken) w/ Macaroni Salad	26 Cheese Ravioli w/ Garlic Bread	27 Pizzeria Pizza
<b>Weekly Alternate:</b> Pizza Crunchers				
30 Cheeseburger on a Bun	31 Chicken Dumplings w/ Pea Stir Fry			
<b>Weekly Alternate:</b> Vegetarian Chili w/ Corn Bread				

**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](mailto:comments@pomptonian.com)



**Locally Grown Fruit**



**Locally Grown 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](http://www.pomptonian.com).

**At least 50% of All Grains served w/ your meal are Whole Grains. This institution 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 Codes:** [B1] Daily Special

**Lunch Codes:** [H1] Daily Hot #1  
[W] Chicken Caesar  
[D] Daily Deli Sandwich

[H2] Alternate Hot  
[Y] Yogurt Bagel Bag

**Breakfast: 2.50**  
**Reduced Breakfast: No Charge**  
**Free Breakfast: No Charge**

**Lunch: 3.75**  
**Reduced Lunch: No Charge**  
**Free Lunch: No Charge**

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Return at this line and return in an ENVELOPE.

DAY	BREAKFAST	LUNCH
MON 2		
TUE 3		
WED 4		
THU 5		
FRI 6		
<b>TOTAL \$:</b>		

Please check if your student receives

- Free Lunch
- Reduced Price Lunch

STUDENT'S NAME \_\_\_\_\_

TEACHER \_\_\_\_\_ ROOM # \_\_\_\_\_

CONTACT PHONE # \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

NOTE TO FREE BREAKFAST/LUNCH RECIPIENTS:  
If you plan to participate in the lunch program, you **must** fill out and return this form.

**Please return form & payment by Tuesday, Dec 27th, 2022**

DAY	BREAKFAST	LUNCH
MON 9		
TUE 10		
WED 11		
THU 12		
FRI 13		
<b>TOTAL \$:</b>		

Please check if your student receives

- Free Lunch
- Reduced Price Lunch

STUDENT'S NAME \_\_\_\_\_

TEACHER \_\_\_\_\_ ROOM # \_\_\_\_\_

CONTACT PHONE # \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

NOTE TO FREE BREAKFAST/LUNCH RECIPIENTS:  
If you plan to participate in the lunch program, you **must** fill out and return this form.

**Please return form & payment by Tuesday, Jan 3rd, 2021**

DAY	BREAKFAST	LUNCH
MON 16		
TUE 17		
WED 18		
THU 19		
FRI 20		
<b>TOTAL \$:</b>		

Please check if your student receives

- Free Lunch
- Reduced Price Lunch

STUDENT'S NAME \_\_\_\_\_

TEACHER \_\_\_\_\_ ROOM # \_\_\_\_\_

CONTACT PHONE # \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

NOTE TO FREE BREAKFAST/LUNCH RECIPIENTS:  
If you plan to participate in the lunch program, you **must** fill out and return this form.

**Please return form & payment by Tuesday, Jan 10th 2021**

DAY	BREAKFAST	LUNCH
MON 23		
TUE 24		
WED 25		
THU 26		
FRI 27		
<b>TOTAL \$:</b>		

Please check if your student receives

- Free Lunch
- Reduced Price Lunch

STUDENT'S NAME \_\_\_\_\_

TEACHER \_\_\_\_\_ ROOM # \_\_\_\_\_

CONTACT PHONE # \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

NOTE TO FREE BREAKFAST/LUNCH RECIPIENTS:  
If you plan to participate in the lunch program, you **must** fill out and return this form.

**Please return form & payment by Tuesday, Jan 17th, 2021**

DAY	BREAKFAST	LUNCH
MON 30		
TUE 31		
WED		
THU		
FRI		

Please check if your student receives

- Free Lunch
- Reduced Price Lunch

STUDENT'S NAME \_\_\_\_\_

TEACHER \_\_\_\_\_ ROOM # \_\_\_\_\_

CONTACT PHONE # \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

NOTE TO FREE BREAKFAST/LUNCH RECIPIENTS:  
If you plan to participate in the lunch program, you **must** fill out and return this form.

**Please return form & payment by Tuesday, Jan 24th, 2021**