







FEBRUARY MOONACHIE

2019

Elementary Schools
Lunch and Breakfast Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
|  | | American Heart Month  | |  |
| 4 Chicken Sliders on Buns with Mashed Potatoes Fresh Fruit | 5 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice | 6 Baked Mozzarella Sticks with Marinara Sauce Celery Sticks with Dip Fresh Fruit | 7 Baked Chicken Nuggets with a Roll Chickpea Salad Fresh Fruit | 8 Napoli Pizza Bell Pepper Salad 100% Fruit Juice |
| | | | Weekly Alternate: Nachos Grande | |
| 11 All-Beef Hot Dog on a Bun Corn Fiesta Salad Fresh Fruit | 12 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice | 13 Meatball Parmesan on a Roll Cucumbers with Dip Fresh Fruit | 14 Boneless BBQ Chicken Wings with Baked Fries Chickpea Salad Fresh Fruit | 15 School Closed |
| | Weekly Alternate: Stuffed Shells with a Dinner Roll | | | |
| 18 Presidents' Day  | 19 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice | 20 Mozzarella Sticks with Marinara Sauce Celery Sticks with Dip Fresh Fruit | 21 Chicken Nuggets with a Roll Corn & Black Bean Salad Fresh Fruit | 22 Napoli Pizza Bell Pepper Salad 100% Fruit Juice |
| | | Weekly Alternate: Fish Sticks on a Bun | | |
| 25 Crispy Chicken Patty on a Bun Chickpea Salad Fresh Fruit | 26 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice | 27 Pasta & Meatballs Cucumbers with Dip Fresh Fruit | 28 Eggo Waffles with Syrup, Sausage & Baked Fries Fresh Fruit | 1 Napoli Pizza Bell Pepper Salad 100% Fruit Juice |
| | Weekly Alternate: Mozzarella Sticks & Marinara Sauce | | | |
| Monday Breakfast Large Muffin OR Assorted Cereals | Tuesday Breakfast Bagelful OR Assorted Cereals | Wednesday Breakfast Waffles OR Assorted Cereals | Thursday Breakfast Large Muffin OR Assorted Cereals w/ Bread & Jelly | Friday Breakfast Pillsbury Mini Pancakes OR Assorted Cereals |

Breakfast includes Entrée (Bread/Grain), plus, 2 - 1/2c. servings of Fresh &/or Cupped Fruit or 1/2c. 100% Juice & 1/2c. Fresh or Cupped Fruit, & Milk Choice

ALSO AVAILABLE DAILY

- (W) Chicken Caesar Wrap: Tossed Greens with Sliced Chicken & Lite Dressing
- (G) Garden Salad: Tossed Greens with Fresh Veggies, Cheese Cubes & Lite Dressing & Bread

(D) WEEKLY DELI SANDWICH

- Monday:** Ham on a Kaiser Roll
- Tuesday:** Italian Hero
- Wed:** Tuna on Goldfish Bread
- Thurs:** Yogurt Lunch with 4oz. Yogurt, Cheese Stick, Pretzels & Sliced Bread
- Friday:** Turkey on a Kaiser Roll



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

CHEESE SANDWICH

- (C) American Cheese on a Whole Wheat Roll

A Complete Lunch Includes:

- Entrée (with Protein/Grain)
- Selections of Fruit/Vegetable**
- Milk Choice: 1% Low-Fat, Skim, or Non-Fat Chocolate

Menu Subject to Change

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

"This institution is an equal opportunity provider."



Local Pink Lady Apples



Local Potatoes



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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 [B2] Cereal
Lunch Codes: [H1] Daily Hot #1 [H2] Alternate Hot #2
 [W] Chicken Caesar Wrap [G] Garden Salad
 [D] Daily Deli Sandwich [C] Cheese Sandwich

Breakfast: \$2.00
Reduced Breakfast: \$.30
Free Breakfast: No Charge

Lunch: \$3.00
Reduced Lunch: \$.40
Free Lunch: No Charge

"This institution is an equal opportunity provider."

Tear at this line and return in an ENVELOPE.

| DAY | BREAKFAST | LUNCH |
|------------------|-----------|-------|
| MON 25 | | |
| TUE 26 | | |
| WED 27 | | |
| THU 28 | | |
| FRI 1 | | |
| TOTAL \$: | | |

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, February 19, 2019

| DAY | BREAKFAST | LUNCH |
|------------------|-----------|-------|
| MON 18 | | |
| TUE 19 | | |
| WED 20 | | |
| THU 21 | | |
| FRI 22 | | |
| TOTAL \$: | | |

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, February 12, 2019

| DAY | BREAKFAST | LUNCH |
|------------------|-----------|-------|
| MON 11 | | |
| TUE 12 | | |
| WED 13 | | |
| THU 14 | | |
| FRI 15 | | |
| TOTAL \$: | | |

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, February 5, 2019

| DAY | BREAKFAST | LUNCH |
|------------------|-----------|-------|
| MON 4 | | |
| TUE 5 | | |
| WED 6 | | |
| THU 7 | | |
| FRI 8 | | |
| TOTAL \$: | | |

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, January 29, 2019