




FEBRUARY MOONACHIE

2020

Elementary Schools
Lunch and Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 French Toast Sticks with Syrup, Cheese Stick & Smiley Potatoes Fresh Fruit	4 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice	5 All-Beef Hot Dog on a Bun Cucumbers with Dip Fresh Fruit	6 Soft Beef & Cheese Taco Corn & Black Bean Salad Fresh Fruit	7 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
Weekly Alternate: Egg Sandwich				
10 Chicken Sliders on Buns with Mashed Potatoes Fresh Fruit	11 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice	12 Baked Mozzarella Sticks with Marinara Sauce Celery Sticks with Dip Fresh Fruit	13 Baked Chicken Nuggets with a Roll Chickpea Salad Fresh Fruit	14 Winter Break School Closed
Weekly Alternate: Chicken Griller on a Bun				
Presidents' Day 17 	18 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice	19 Meatball Parmesan on a Roll Cucumbers with Dip Fresh Fruit	20 Boneless Barbecue Chicken Wings with Baked Fries Fresh Fruit	21 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
Weekly Alternate: Stuffed Shells with a Dinner Roll				
24 Popcorn Chicken with Dip, a Roll & Baked Fries Fresh Fruit	25 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice	26 Mozzarella Sticks with Marinara Sauce Celery Sticks with Dip Fresh Fruit	27 Chicken Nuggets with a Roll Corn & Black Bean Salad Fresh Fruit	28 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
Weekly Alternate: Fish Sticks on a Bun				
Happy Valentine's Day		AMERICAN HEART MONTH FEBRUARY		Locally Grown Parsnips
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

FOOD ALLERGIES

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.



Locally Grown Pink Lady Apples

"This institution is an equal opportunity provider."



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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 24		
TUE 25		
WED 26		
THU 27		
FRI 28		
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 18, 2020

DAY	BREAKFAST	LUNCH
MON 17		
TUE 18		
WED 19		
THU 20		
FRI 21		
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 11, 2020

DAY	BREAKFAST	LUNCH
MON 10		
TUE 11		
WED 12		
THU 13		
FRI 14		
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 4, 2020

DAY	BREAKFAST	LUNCH
MON 3		
TUE 4		
WED 5		
THU 6		
FRI 7		
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 28, 2020