

## JANUARY 2020

## MOONACHIE

**Elementary Schools** Lunch and Breakfast



MONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAY303131Image: Stress of the stress of	
All-Beef Hot Dog on a Bun Corn Fiesta Salad Fresh FruitNapoli Pizza Baked Chicken Nuggets with a Roll Chickpea Salad Fresh FruitNapoli Pizza Bell Pepper Salad 100% Fruit JuiceAll-Beef Hot Dog on a Bun Corn Fiesta Salad Fresh Fruit7899All-Beef Hot Dog on a Bun Corn Fiesta Salad Fresh Fruit7899Boneless Barbecue Chicken Wings with Baked Fries Fresh Fruit9Napoli Pizza Bell Pepper Salad 100% Fruit Juice913141516Napoli Pizza Baby Carrots with Dip 100% Fruit Juice1516Popcorn Chicken with Dip, a Roll & Baked Fries Fresh Fruit16Napoli Pizza Bell Pepper Salad 100% Fruit Juice1613141516Napoli Pizza Baby Carrots with Dip 100% Fruit Juice16Napoli Pizza Bell Pepper Salad 100% Fruit Juice13141516Napoli Pizza Baby Carrots with Dip 100% Fruit Juice16Napoli Pizza Bell Pepper Salad 100% Fruit Juice13141516Napoli Pizza Baby Carrots with Dip 100% Fruit Juice16Napoli Pizza Bell Pepper Salad 100% Fruit Juice141516Chicken Nuggets with Marinara Sauce Celery Sticks with Dip Fresh Fruit16Napoli Pizza Bell Pepper Salad 100% Fruit Juice202122232324	
6 All-Beef Hot Dog on a Bun Corn Fiesta Salad Fresh Fruit7 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice8 Meatball Parmesan on a Roll Cucumbers with Dip Fresh Fruit8 Boneless Barbecue Chicken Wings with Baked Fries Fresh Fruit9 Napoli Pizza Bell Pepper Salad 100% Fruit Juice13 Popcorn Chicken with Dip, a Roll & Baked Fries Fresh Fruit14 Mozzarella Sticks with Marinara Sauce Celery Sticks with Dip Fresh Fruit15 Chicken Nuggets with a Roll Corn & Black Bean Salad Fresh Fruit16 Napoli Pizza Bell Pepper Salad Napoli Pizza Baby Carrots with Dip 100% Fruit JuiceNapoli Pizza Mozzarella Sticks With Marinara Sauce Celery Sticks with Dip Fresh Fruit16 Chicken Nuggets with a Roll Corn & Black Bean Salad Fresh FruitNapoli Pizza Bell Pepper Salad Dio% Fruit Juice20212223	
1314151616Popcorn Chicken with Dip, a Roll & Baked Fries Fresh FruitNapoli Pizza Baby Carrots with Dip 100% Fruit JuiceMozzarella Sticks with Marinara Sauce Celery Sticks with Dip Fresh FruitChicken Nuggets with a Roll Corn & Black Bean Salad Fresh FruitNapoli Pizza Bell Pepper Salad 100% Fruit JuiceWeekly Alternate: Fish Sticks on a Bun20212223	
Weekly Alternate:         Fish Sticks on a Bun         20         21         22         23	
20 21 22 23	
School ClosedNapoli PizzaPasta & MeatballsEggo Waffles withNapoli PizzaBaby Carrots with Dip Fresh FruitFresh FruitCucumbers with Dip Fresh FruitSyrup, Sausage & Baked Fries Fresh FruitBell Pepper Salad 100% Fruit Juice	
Weekly Alternate: Mozzarella Sticks & Marinara Sauce	
27282930Turkey Tacos served with Salsa & Corn Fresh FruitNapoli Pizza Baby Carrots with Dip 100% Fruit JuiceChicken Patty Parmigiana on a Roll Celery Sticks with Dip Fresh FruitCheeseburger on a Bun Corn & Black Bean Salad Fresh FruitNapoli Pizza Bell Pepper Salad 100% Fruit Juice	
Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll	
Monday Breakfast Large Muffin OR Assorted CerealsTuesday Breakfast Bagelful OR Assorted CerealsWednesday Breakfast Waffles OR Assorted CerealsThursday Breakfast Large Muffin OR Assorted Cereals w/ Bread & JellyFriday Breakfast Pillsbury Mini Panca OR Assorted Cereals	kes

Breakfast includes Entrée (Bread/Grain), plus, 2 - ½c. servings of Fresh &/or Cupped Fruit or ½c. 100% Juice & ½c. Fresh or Cupped Fruit & Milk Choice

## ALSO AVAILABLE DAILY

(W) Chicken Caesar Wrap: Tossed Greens with Sliced Chicken & Lite Dressing A Complete Lunch Includes: (G) Garden Salad: Tossed Greens with Fresh Veggies, Cheese Cubes & Lite Dressing & Bread Entrée (with Protein/Grain) (D) WEEKLY DELI SANDWICH Selections of Fruit/Vegetable 'This institution is an equal Monday: Ham on a Kaiser Roll Milk Choice: 1% Low-Fat, Skim, or Non-Fat Chocolate opportunity provider." Tuesday: Italian Hero Wed: Tuna on Goldfish Bread Menu Subject to Change Thurs: Yogurt Lunch with 4oz. Yogurt, Cheese Stick, Pretzels & Sliced Bread Friday: Turkey on a Kaiser Roll Your comments are important to us. Please e-mail us at **CHEESE SANDWICH** comments@pomptonian.com (C) American Cheese on a Whole Wheat Roll At least 50% of All Grains served w/ your meal are Whole Grain Rich Month he Month of Vegetable Month



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.

the the

**Locally Grown Purple Potatoes**  Locally Grown **Asian Pears** 

o order.       Return ayable to the "N Breakfast Code.         Breakfast Code.       "N         Tue       28         WED       29         THU       30         FRI       31         TOTAL \$:	i each form to Moonachie B es: [B1] Daily [H1] Daily [W] Chick [D] Daily	o the school <b>b</b> oard of Educa y Special y Hot #1 ken Caesar W Deli Sandwich	y 9:00 a.m. on the due date ition." [B2] Cereal [H2] Alternate Hot # (rap [G] Garden Salad [C] Cheese Sandwi	ch "This ins opportun STUDENT'S NAME TEACHER	the exact money OR check made Lunch: \$3.00 Reduced Lunch: \$.40 Free Lunch: No Charge titution is an equal hity provider."	
o order. Return bayable to the "N Breakfast Code unch Codes: Tear at this line a MON 27 TUE 28 WED 29 THU 30 FRI 31 TOTAL \$: DAY BR MON 20 TUE 21 WED 22 THU 23	n each form to Moonachie B Es: [B1] Daily [H1] Daily [W] Chick [D] Daily and return in	o the school <b>b</b> oard of Educa y Special y Hot #1 (en Caesar W Deli Sandwich an <u>ENVELOP</u>	y 9:00 a.m. on the due date ttion." [B2] Cereal [H2] Alternate Hot # rap [G] Garden Salad [C] Cheese Sandwin <u>PE.</u> Please check if your student receives	e indicated in an ENVELOPE with the Breakfast: \$2.00 Reduced Breakfast: \$.30 Free Breakfast: No Charge ch "This inst opportun STUDENT'S NAME TEACHER	the exact money OR check made Lunch: \$3.00 Reduced Lunch: \$.40 Free Lunch: No Charge titution is an equal hity provider."	
Breakfast Codes:       Gear at this line a       DAY     BR       MON     27     1       TUE     28     1       WED     29     1       THU     30     1       FRI     31     1       TOTAL \$:     1       MON     20     1       TUE     21     1       WED     22     1       THU     23     1	es: [B1] Daily [H1] Daily [W] Chick [D] Daily and return in	y Special y Hot #1 ken Caesar W Deli Sandwich an <u>ENVELOI</u>	[B2] Cereal [H2] Alternate Hot # rap [G] Garden Salad n [C] Cheese Sandwir PE. Please check if your student receives	Reduced Breakfast: \$.30     Free Breakfast: No Charge     This ins     opportun     STUDENT'S NAME     TEACHER	Reduced Lunch: \$.40 Free Lunch: No Charge	
DAY         BR           MON         27           TUE         28           WED         29           THU         30           FRI         31           TOTAL \$:            MON         20           TUE         21           WED         22           THU         23	and return in	an ENVELO	Please check if your student receives	STUDENT'S NAME	hity provider."	
MON     27       TUE     28       WED     29       THU     30       FRI     31       TOTAL     5:       DAY     BR       MON     20       TUE     21       WED     22       THU     23	REAKFAST		student receives	TEACHER		
TUE     28       WED     29       THU     30       FRI     31       TOTAL     \$:       DAY     BR       MON     20       TUE     21       WED     22       THU     23			student receives		ROOM #	
WED     29       THU     30       FRI     31       TOTAL     \$:       DAY     BR       MON     20       TUE     21       WED     22       THU     23			student receives			
THU     30       FRI     31       TOTAL     S:       DAY     BR       MON     20       TUE     21       WED     22       THU     23			Free Lunch	CONTACT FILONE #	TOTAL \$	
FRI         31           TOTAL \$:         Image: Constraint of the second s			Free Lunch	NOTE TO FREE BREAKFAST		
DAY         BR           MON         20           TUE         21           WED         22           THU         23				If you plan to participate in the lunch program, you must fill out		
MON         20           TUE         21           WED         22           THU         23				and return this form. Please return form & payment by Tuesday, January 21, 202		
MON         20           TUE         21           WED         22           THU         23	DEAKEAGE	Lungu				
WED 22 THU 23	REAKFAST	LUNCH		STUDENT'S NAME		
тни 23			Please check if your		ROOM #	
			student receives	CONTACT PHONE #	TOTAL \$	
FRI 24			Free Lunch Reduced Price Lunch	NOTE TO FREE BREAKFAST		
				If you plan to participate in the least of the second seco	unch program, you <b>must</b> fill out	
TOTAL \$:					t by Tuesday, January 14, 202	
DAY BR	REAKFAST	LUNCH		STUDENT'S NAME		
MON 13		~			ROOM #	
TUE 14			Please check if your student receives	CONTACT PHONE #		
WED 15			Free Lunch Reduced Price Lunch			
THU 16				NOTE TO FREE BREAKFAST/LUNCH RECIPIENTS: If you plan to participate in the lunch program, you <b>must</b> fill out		
FRI 17				and return this form.		
101AL \$:				Please return form & payment		
	REAKFAST	LUNCH		STUDENT'S NAME		
MON 6 TUE 7			Please check if your	TEACHER		
WED 8			student receives	CONTACT PHONE #		
THU 9				NOTE TO FREE BREAKFAST/		
FRI 10				If you plan to participate in the lu and return this form.		
TOTAL \$:				Please return form & payment	t by Tuesday, December 17, 20	
DAY BR	REAKFAST	LUNCH				
MON 30			Please check if your			
TUE 31	$\rightarrow$	>			ROOM #	
WED 1	$\rightarrow$	>>	student receives	CONTACT PHONE #	TOTAL \$	
THU 2 FRI 3			Free Lunch	NOTE TO FREE BREAKFAST/ If you plan to participate in the l and return this form.	/LUNCH RECIPIENTS: lunch program, you <b>must</b> fill out	