

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	
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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.

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

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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 must 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 must 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 #	
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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 must fill out	