



JANUARY 2020

MOONACHIE

Elementary Schools
Lunch and Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 Happy New Year	2 Baked Chicken Nuggets with a Roll Chickpea Salad Fresh Fruit Weekly Alternate: Chicken Griller on a Bun	3 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
6 All-Beef Hot Dog on a Bun Corn Fiesta Salad Fresh Fruit	7 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice	8 Meatball Parmesan on a Roll Cucumbers with Dip Fresh Fruit Weekly Alternate: Stuffed Shells with a Dinner Roll	9 Boneless Barbecue Chicken Wings with Baked Fries Fresh Fruit	10 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
13 Popcorn Chicken with Dip, a Roll & Baked Fries Fresh Fruit	14 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice Weekly Alternate: Fish Sticks on a Bun	15 Mozzarella Sticks with Marinara Sauce Celery Sticks with Dip Fresh Fruit	16 Chicken Nuggets with a Roll Corn & Black Bean Salad Fresh Fruit	17 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
20 School Closed MLK Day	21 Napoli Pizza Baby Carrots with Dip Fresh Fruit 100% Fruit Juice	22 Pasta & Meatballs Cucumbers with Dip Fresh Fruit Weekly Alternate: Mozzarella Sticks & Marinara Sauce	23 Eggo Waffles with Syrup, Sausage & Baked Fries Fresh Fruit	24 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
27 Turkey Tacos served with Salsa & Corn Fresh Fruit	28 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll	29 Chicken Patty Parmigiana on a Roll Celery Sticks with Dip Fresh Fruit	30 Cheeseburger on a Bun Corn & Black Bean Salad Fresh Fruit	31 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
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

CHEESE SANDWICH

- (C) American Cheese on a Whole Wheat Roll

"This institution is an equal opportunity provider."

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



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

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
Purple Potatoes



Locally Grown
Asian Pears



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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 27		
TUE 28		
WED 29		
THU 30		
FRI 31		
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 21, 2020

DAY	BREAKFAST	LUNCH
MON 20		
TUE 21		
WED 22		
THU 23		
FRI 24		
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 14, 2020

DAY	BREAKFAST	LUNCH
MON 13		
TUE 14		
WED 15		
THU 16		
FRI 17		
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 7, 2020

DAY	BREAKFAST	LUNCH
MON 6		
TUE 7		
WED 8		
THU 9		
FRI 10		
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, December 17, 2019

DAY	BREAKFAST	LUNCH
MON 30		
TUE 31		
WED 1		
THU 2		
FRI 3		
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, December 17, 2019