



MARCH 2019

MOONACHIE Elementary Schools Lunch and Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March is National Nutrition Month				1 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
			Weekly Alternate: Mozzarella Sticks & Marinara Sauce	
4 Turkey Tacos served with Salsa & Corn Fresh Fruit	5 Napoli Pizza Bell Pepper Salad 100% Fruit Juice	6 Chicken Patty Parmigiana on a Roll Celery Sticks with Dip Fresh Fruit	7 Cheeseburger on a Bun Corn & Black Bean Salad Fresh Fruit	8 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
National School Breakfast Week – I Love School Breakfast			Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll	
11 French Toast Sticks with Syrup, Cheese Stick & Smiley Potatoes Fresh Fruit	12 Napoli Pizza Bell Pepper Salad 100% Fruit Juice	13 All-Beef Hot Dog on a Bun Cucumbers with Dip Fresh Fruit	14 Soft Beef & Cheese Taco Corn & Black Bean Salad Fresh Fruit	15 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
Weekly Alternate: Egg Sandwich				
18 Chicken Sliders on Buns with Mashed Potatoes Fresh Fruit	19 Napoli Pizza Bell Pepper Salad 100% Fruit Juice	20 Baked Mozzarella Sticks with Marinara Sauce Celery Sticks with Dip Fresh Fruit	21 Baked Chicken Nuggets with a Roll Chickpea Salad Fresh Fruit	22 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
			Weekly Alternate: Chicken Griller on a Bun	
25 All-Beef Hot Dog on a Bun Corn Fiesta Salad Fresh Fruit	26 Napoli Pizza Bell Pepper Salad 100% Fruit Juice	27 Meatball Parmesan on a Roll Cucumbers with Dip Fresh Fruit	28 Boneless BBQ Chicken Wings with Baked Fries Fresh Fruit	29 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
Weekly Alternate: Stuffed Shells with a Dinner Roll				
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 - 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
(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



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

A Complete Lunch Includes:

Entrée (with Protein/Grain)

Selections of Fruit/Vegetable

Milk Choice: 1% Low-Fat, Skim,
or Non-Fat Chocolate

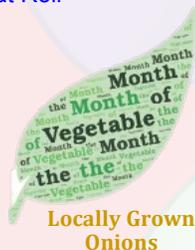
Menu Subject to Change

Your comments are important to us.

Please e-mail us at

comments@pomptonian.com

"This institution is an equal
opportunity provider."



**Locally Grown
Onions**



**Locally Grown
Empire Apples**



MARCH MOONACHIE

2019

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 29		
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, March 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, March 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, March 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, February 26, 2019