



NOVEMBER
2022

Robert L. Craig
Elementary School



PENNSYLVANIA
DEPARTMENT OF
EDUCATION

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Blueberry Muffin ¹	Breakfast Bar ²	Waffles w/ Syrup ³	Cereal Kit ⁴
Large Chocolate Chip Muffin ⁷	Breakfast Bar ⁸	Bagel w/ Cream Cheese ⁹	School Closed ¹⁰	School Closed ¹¹
Cereal Kit ¹⁴	Large Fruit Muffin ¹⁵	Waffles w/ Syrup ¹⁶	Breakfast Bar ¹⁷	Mini Pancakes w/ Syrup ¹⁸
Cereal Kit ²¹	Cinnamon Bar ²²	Breakfast Bar ²³	School Closed ²⁴	School Closed ²⁵
Bagel w Cream Cheese ²⁸	Chocolate Muffin ²⁹	Breakfast Bar ³⁰		

Breakfast includes Entrée (Bread/Grain), 1 cup Fresh or Cupped Fruit & 100% Juice, plus Milk Choice (1% Low-Fat, Non-Fat Chocolate, Skim)



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

"This institution is an equal opportunity provider."



NOVEMBER Moonachie 2022 Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Bowl w/ Mashed Potato & Cheese	2 Cheeseburger w/ Fries	3 Macaroni & Cheese w/ Dinner Roll	4 Pizzeria Pizza
Weekly Alternate: Pasta w/ Sauce & Cheese w Dinner Roll				
7 Chicken Parm on a Bun	8 Chicken Parm on a Bun	9 Pizzeria Pizza	10 School Closed	11 School Closed
Weekly Alternate: Macaroni & Cheese w Dinner Roll				
14 Waffles w/ Syrup & Cheese Stick	15 Chicken & Cheese Empanada	16 No lunch Service	17 No Lunch Service	18 Pizzeria Pizza
Weekly Alternate: Waffles w/ Syrup & Cheese Stick				
21 Chicken Tenders w/ Dinner Roll	22 Thanksgiving Lunch w/ Chicken Thigh, Mashed Potato, Cranberries & Brussel Sprouts served w/ Corn Bread	23 No Lunch Service	24 School Closed	25 School Closed
Weekly Alternate: Pizza Crunchers				
28 Bbq Chicken Patty on a Bun w/ Cheese	29 3 Cheese Cavatappi (macaroni & cheese) w/ Dinner Roll	30 Chicken & Cheese Taco Bowl w/ Rice & Cheese		
Weekly Alternate: Grill Cheese w/ Chicken Soup				

Also Available Daily:

- Monday:** Bagel & Yogurt Lunch w/ a Cheese Stick
- Tuesday:** Grilled Chicken Caesar Salad w/ a Roll
- Wednesday:** Italian Hero
- Thursday:** Turkey & Cheese Sandwich
- Friday:** Ham Sandwich



Locally Grown
Fruit



Locally Grown
Vegetable

A Complete Lunch Includes:

- Entrée (with Protein/Grain)
- Trip to The Farm Stand
(students must select at least a serving
of fruit or vegetable)
- Hormone-Free Milk

Menu Subject to Change

Your comments are important to us. Please e-mail
us at comments@pomptonian.com



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.



November

2022

Robert L. Craig Elementary School ORDER FORM



POMPTONIAN
FOOD SERVICE

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

Lunch Codes: [H1] Daily Hot #1
[W] Chicken Caesar
[D] Daily Deli Sandwich

[H2] Alternate Hot
[Y] Yogurt Bagel Bag

Breakfast: 2.50
Reduced Breakfast: No Charge
Free Breakfast: No Charge

Lunch: 3.75
Reduced Lunch: No Charge
Free Lunch: No Charge

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Tear at this line and return in an ENVELOPE.

DAY	BREAKFAST	LUNCH
MON 31		
TUE 1		
WED 2		
THU 3		
FRI 4		
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, Oct 25, 2022

DAY	BREAKFAST	LUNCH
MON 7		
TUE 8		
WED 9		
THU 10		
FRI 11		
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, Nov 1, 2021

DAY	BREAKFAST	LUNCH
MON 14		
TUE 15		
WED 16		
THU 17		
FRI 18		
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, Nov 8, 2021

DAY	BREAKFAST	LUNCH
MON 21		
TUE 22		
WED 23		
THU 24		
FRI 25		
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, Nov 15, 2021

DAY	BREAKFAST	LUNCH
MON 28		
TUE 29		
WED 30		
THU		

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, Nov 22, 2021