



NOVEMBER 2019

MOONACHIE

Elementary Schools
Lunch and Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Napoli Pizza Bell Pepper Salad 100% Fruit Juice
4 Turkey Tacos served with Salsa & Corn Fresh Fruit	 Election Day 5 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice	6 Chicken Patty Parmigiana on a Roll Celery Sticks with Dip Fresh Fruit	7	8 NJEA Convention No School
Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll				
11 French Toast Sticks with Syrup, Cheese Stick & Smiley Potatoes Fresh Fruit	12 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice	13 Half Day Breakfast Only	14 Half Day Breakfast Only	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 Baby Carrots with Dip 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 Pre-Thanksgiving Lunch Hot Turkey with Gravy, Mashed Potato, Corn & a Roll Fresh Fruit	26 Napoli Pizza Baby Carrots with Dip 100% Fruit Juice	27 Half Day Breakfast Only	28	29 Happy Thanksgiving
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 - 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



**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

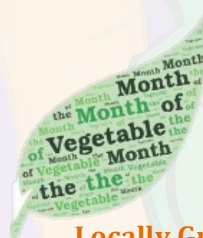
Your comments are important to us.
Please e-mail us at

comments@pomptonian.com

**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.

"This institution is an equal opportunity provider."



**Locally Grown
Cauliflower**



**Locally Grown
Cranberries**



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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

Lunch Codes:

[H1] Daily Hot #1

[W] Chicken Caesar Wrap

[D] Daily Deli Sandwich

[B2] Cereal

[H2] Alternate Hot #2

[G] Garden Salad

[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, Nov. 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, Nov. 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 Wednesday, Nov. 6, 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, Oct. 29, 2019

DAY	BREAKFAST	LUNCH
MON		
TUE		
WED		
THU		
FRI 1		
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. 22, 2019