

SEPTEMBER Robert L. Craig

2023 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	Cereal Kit 5	Cinnabar 6	Bagel w/ Cream Cheese 7	Waffles w/ Syrup 8
11 Whole Grain Chocolate Chip Muffin	Cereal Kit 12	Cinnabar 13	Bagel w/ Cream Cheese 14	Waffles w/ Syrup 15
18 Whole Grain Blueberry Muffin	Cereal Kit 19	Cinnabar 20	Bagel w/ Cream Cheese 21	Waffles w/ Syrup 22
25 Whole Grain Chocolate Chip Muffin	Cereal Kit 26	Cinnabar 27	Bagel w/ Cream Cheese 28	Waffles w/ Syrup 29

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."



SEPTEMBER 2023 Moonachie Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6 Popcorn Chicken Bowl w/ Cheese, Gravy & a Dinner Roll	7 Maple Waffles w/ Cheese Sticks & Syrup	8 Pizzeria Pizza
	Weekly Alternate: Macaroni & Cheese w/ a Dinner Roll			
11 Crispy Breaded Chicken Patty on a Bun	12 Cheeseburger on a Bun w/ French Fries	13 Chicken Fajita w/ Veggies & Cheese	14 French Toast w/ Cheese Sticks & Syrup	15 Pizzeria Pizza
	Weekly Alternate: Maple Flavored Waffles w/ Cheese Sticks & Syrup			
18 Crispy Chicken & Bacon wrap w/ Cheddar Cheese & Ranch Dressing	19 Pasta & Meatballs w/ Marinara, Served w/ a Dinner Roll	20 General Tso's Chicken w/ Veggie Fried rice & a Fortune Cookie	21 Buttermilk Maple Pancakes w/ Cheese Sticks & Syrup	22 Pizzeria Pizza
		Weekly Alternate: Pizza Crunchers		
25 Grilled BBQ Chicken Sandwich on a Bun Local Corn on the Cob	26 Soft Shell Beef Tacos w/ Cheese & Brown Seasoned Rice	27 Chicken Parmesan w/ Mozzarella Cheese on a Bun Local Grapes	28 Maple Waffles w/ Cheese Sticks & Syrup	29 Pizzeria Pizza
	Weekly Alternate: Pasta w/ Cheese & Marinara w/ Dinner Roll			

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

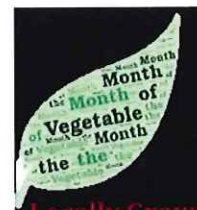
Menu Subject to Change

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



**Locally Grown
Fruit**

**FOOD
ALLERGENS**



**Locally Grown
Vegetable**

**This institution
is an equal
opportunity
employer**



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

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.



September 2023

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

Breakfast: \$3.00
Reduced Breakfast: No Charge
Free Breakfast: No Charge

Lunch: \$4.40
Reduced Lunch: No Charge
Free Lunch: No Charge

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

[H2] Alternate Hot
[Y] Yogurt Bagel Bag

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opportunity provider."

Tear at this line and return in an **ENVELOPE**.

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

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, Aug 28th, 2023

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, Sept 4th 2023

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, Sept 12th, 2023

DAY	BREAKFAST	LUNCH
MON 25		
TUE 26		
WED 27		
THU 28		
FRI 29		

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, Sept 19th, 2021