

🌱 = Vegetarian Ingredients 🍞 = Gluten-Free Ingredients



OCTOBER

Elem. Lunch Menu

Princeton
School District



Choose 1 Entrée.
(3 Daily Specials & 2 Daily Alternates for the Month)
Lunch Includes: Protein ~ Grain ~Fruit~ Veggie ~Milk
Choose at least 3 out of 5 components.
You must choose at least 1 fruit or veggie.
You may take 2 fruit & 2 veggie choices!
Daily Fruit Offerings: Fresh, Cupped, 100% Juice
We Use Whole Grain Products! All Salads Come With a Grain.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| <p>CAFÉ CONTACT INFO: PRD@nsfm.com Milk: Skim White, Skim Chocolate, 1% White *Menu subject to change This institution is an equal opportunity provider.</p> | | | <p>Meals are FULLY FUNDED by the USDA through June 30, 2022!!!</p> | |
| Monday-October 4 | Tuesday-October 5 | Wednesday-October 6 | Thursday-October 7 | Friday-October 8 |
| <p>Egg & Cheese Sand. On a Pancake 🌱 Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Carrots w/ Ranch Fresh/Cupped/100% Juice</p> | <p>Chicken Patty On a Bun Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 French Fries Fresh/Cupped/100% Juice</p> | <p>Hot Dog On a Bun Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Celery Sticks w/ Ranch Fresh/Cupped/100% Juice</p> | <p>Turkey & Cheese Sandwich Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Green Bell Peppers w/Ranch Fresh/Cupped/100% Juice</p> | <p>Cheese Pizza By The Slice 🌱 Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Caesar Salad Fresh/Cupped/100% Juice</p> |
| Monday-October 11 | Tuesday-October 12 | Wednesday-October 13 | Thursday-October 14 | Friday-October 15 |
| <p>Cheese Quesadilla w/ Salsa 🌱 Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Carrots w/ Ranch Fresh/Cupped/100% Juice</p> | <p>Italian Hoagie On a Torpedo Roll Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Celery Sticks w/Ranch Fresh/Cupped/100% Juice</p> | <p>Chicken & Waffles w/ Syrup Dipping Cup Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Cucumber Sticks & Ranch Fresh/Cupped/100% Juice</p> | <p>Egg & Cheese Sand. 🌱 On an English Muffin Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Tator Tots Fresh/Cupped/100% Juice</p> | <p>Cheese Pizza 🌱 By The Slice Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Caesar Salad Fresh/Cupped/100% Juice</p> |
| Monday-October 18 | Tuesday-October 19 | Wednesday-October 20 | International Nacho Day! | Friday-October 22 |
| <p>Chicken Nuggets w/ a Dinner Roll Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Carrots w/ Ranch Fresh/Cupped/100% Juice</p> | <p>Chicken Parmesan On a Soft Kaiser Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Waffle Fries Fresh/Cupped/100% Juice</p> | <p>French Bread Pizza By The Slice 🌱 Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Cucumber Sticks & Ranch Fresh/Cupped/100% Juice</p> | <p>Ham & Cheese Sandwich Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Green Bell Peppers w/Ranch Fresh/Cupped/100% Juice</p> | <p>Cheese Pizza By The Slice 🌱 Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Tomato and Cuke Salad Fresh/Cupped/100% Juice</p> |
| Monday-October 25 | National Pumpkin Day! | Wednesday-October 27 | Thursday-October 28 | Friday-October 29 |
| <p>American Hoagie On a Torpedo Roll Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Carrots w/ Ranch Cupped/100% Juice</p> | <p>Dutch Waffle & Yogurt 🌱 Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Hash Brown~ Pumpkin Twister Fresh/Cupped/100% Juice</p> | <p>Bacon Cheeseburger On a Bun Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Celery Sticks w/ Ranch Fresh/Cupped/100% Juice</p> | <p>Popcorn Chicken w/ a Breadstick Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Cucumbers w/Ranch Fresh/Cupped/100% Juice</p> | <p>Cheese Pizza 🌱 By The Slice Bagel & Cheese Stick Lunch <u>Sides:</u> 🌱 Caesar Salad Candy Corn Parfait</p> |