

January 2023

Berlin Township Schools

DAILY ALTERNATES:

1. Cereal Grab N Go
2. Peanut Butter & Jelly Grab N Go

FRUIT: Fresh, Cupped & 100% Fruit Juice

MILK: Skim White, Skim Chocolate, Skim Strawberry, 1% White, Lactaid

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p>	<p>3</p> <p>Chicken Cheesesteak Ham & Cheese Wrap Grilled Cheese Sandwich <u>Sides:</u> Potato Smiles Fruit of the Day</p>	<p>4</p> <p>Tullias Ham & Cheese Wrap Grilled Cheese Sandwich <u>Sides:</u> Green Beans Fruit of the Day</p>	<p>5</p> <p>Chicken Nuggets w/ pretzel stick Ham & Cheese Wrap Grilled Cheese Sandwich <u>Sides:</u> Vegetarian Beans Fruit of the Day</p>	<p>6</p> <p>Bacon Cheeseburger Ham & Cheese Wrap Grilled Cheese Sandwich <u>Sides:</u> Carrot Coins Fruit of the Day</p>
<p>9</p> <p>Pasta w/ meat sauce w/garlic bread Italian Hoagie Garden Salad w/ egg <u>Sides:</u> Side Salad Fruit of the Day</p>	<p>10</p> <p>Beef Nacho Grande w/ salsa & sour cream Italian Hoagie Garden Salad w/egg <u>Sides:</u> Golden Corn Fruit of the Day</p>	<p>11</p> <p>Tony's Pizza Italian Hoagie Garden Salad w/egg <u>Sides:</u> Green Beans Fruit of the Day</p>	<p>12</p> <p>Baked Chicken w/cornbread Italian Hoagie Garden Salad w/egg <u>Sides:</u> Mac N Cheese Fruit of the Day</p>	<p>13</p> <p>Grilled Cheese w/chicken noodle soup Italian Hoagie Garden Salad w/egg <u>Sides:</u> Peas Fruit of the Day</p>
 <p>16</p>	<p>17</p> <p>Taco Twins W/ salsa & sour cream Egg & Cheese on a Bagel Apple, Cranberry Mozz Salad <u>Sides:</u> Corn Fruit of the Day</p>	<p>18</p> <p>Tullias Egg & Cheese on a Bagel Apple, Cranberry Mozz Salad <u>Sides:</u> Green Beans Fruit of the Day</p>	<p>19</p> <p>Meatball Parm Sandwich Egg & Cheese on a Bagel Apple, Cranberry, Mozz Salad <u>Sides:</u> Mixed Veggies Fruit of the Day</p>	<p>20</p> <p>French Bread Pizza Egg & Cheese on a Bagel Apple, Cranberry Mozz Salad <u>Sides:</u> Bagged Carrots Fruit of the Day</p>
<p>23</p> <p>Baked Ziti w/ garlic bread Ham & Cheese Hoagie Caesar Salad w/chicken <u>Sides:</u> Tomato/Cucumber Salad Fruit of the Day</p>	<p>24</p> <p>Philly Cheesesteak Ham & Cheese Hoagie Caesar Salad w/chicken <u>Sides:</u> Potato Smiles Fruit of the Day</p>	<p>25</p> <p>Pizza Crunchers w/ marina sauce Ham & Cheese Hoagie Caesar Salad w/chicken <u>Sides:</u> Green Beans Fruit of the Day</p>	<p>26</p> <p>Potato & Cheddar Pierogies Ham & Cheese Hoagie Caesar Salad w/chicken <u>Sides:</u> Golden Corn Fruit of the Day</p>	
<p>30</p> <p>Grilled Cheese Egg Salad Sandwich Chef Salad <u>Sides:</u> Peas Tomato Soup Fruit of the Day</p>	<p>31</p> <p>BBQ Pulled Pork Sandwich Egg Salad Sandwich Chef Salad <u>Sides:</u> Mashed Potatoes Fruit of the Day</p>	<p>Lunch Includes: Protein Grain Fruit Veggie Milk Choose at least 3 out of 5 components— 1 must be a fruit or veggie. You may take 2 fruits & 2 veggies!</p> <p>Lunch Prices Student Paid: \$3.00 Free & Reduced Status: free! Adult Lunch: \$4.50</p>	<p>CAFÉ CONTACT INFO: Lucia Henry, Food Service Director ber@nsfm.com Phone: 856-719-4790 *Menu subject to change</p>	

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