

# OCTOBER 2023

## Berlin Township SCHOOL DISTRICT ELEMENTARY LUNCH MENU

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.  
**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**  
 Meat or meat alternate  
 Choice of Vegetable  
 Choice of Fruit  
 Grain/Bread  
 Choice of Milk - 1% white, and fat-free chocolate

**Weekly Vegetable Subgroups May Include:**  
**Dark green** - spinach, broccoli, romaine and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers  
**Beans/Peas**  
**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage  
**Featured Fruit May include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

### LEAVE YOUR LUNCHBOX AT HOME!

#### DAILY ALTERNATES

These 2 options are available daily!

#### 1. Cereal Lunch

(Assorted Cereal, Goldfish Crackers, Yogurt & Cheese Stick) Gluten-Free Options are available!

#### 2. PB & J Sandwich

**FRUIT:** Fresh, Cupped & 100% Fruit Juice

**MILK:** Skim Chocolate, 1% White,



View your lunch account: [www.schoolpaymentportal.com](http://www.schoolpaymentportal.com)  
 View interactive menus:

**Please Remember To Fill Out Your Free & Reduced Lunch Paperwork**

**It Needs To Be Filled Out Every Year**

\* make checks payable to: Berlin Two Cafe

Lunch Prices  
 Student \$3.25  
**Reduced \$0.00**

Food Service Director: Lucia Henry

Phone Number: 856-719-4790

Email: [ber@nsfm.com](mailto:ber@nsfm.com)

\*Menu subject to change.

USDA is an equal opportunity provider and employer.

### Monday

2

**Fish Sticks**  
 w/ Mac & Cheese  
**Turkey & Cheese Sandwich**  
**Apple/Cran/Mozz Salad**  
 Sides:  
**Carrot Coins**  
**Fruit of the Day**  
 Choice of Milk

9

**NO SCHOOL**



16

**Beef & Bean Chili**  
 w/ cornbread  
**Hot Dog**  
**Apple/Cran/Mozz Salad**  
 Sides:  
**Mixed Vegetables**  
**Fruit of the Day**  
 Choice of Milk

23

**Spagetti & Meatballs**  
 w/ Dinner Roll  
**Hot Dog**  
**Apple/Cran/Mozz Salad**  
 Sides:  
**French Fries**  
**Fruit of the Day**  
 Choice of Milk

30

**Chicken Alfredo over Penne Pasta**  
 w/ Dinner Roll  
**Hot Dog**  
**Apple/Cran/Mozz Salad**  
 Sides:  
**Mixed Vegetables**  
**Fruit of the Day**  
 Choice of Milk



### Tuesday

3

**Chicken Cheese Steak**  
 w/ Peppers/Onions  
**Ham & Cheese Sandwich**  
**Chicken Caesar Salad**  
 Sides:  
**Golden Corn**  
**Fruit of the Day**  
 Choice of Milk

10

**Cheeseburger**  
**Ham & Cheese Sandwich**  
**Chicken Caesar Salad**  
 Sides:  
**French Fries**  
**Fruit of the Day**  
 Choice of Milk

17

**Chicken Nachos Grande**  
 w/salsa & sour cream  
**Ham & Cheese Sandwich**  
**Chicken Caesar Salad**  
 Sides:  
**Corn & Brown rice**  
**Fruit of the Day**  
 Choice of Milk

24

**Cheeseburger Deluxe**  
 Side - Let-Tom-Pickle  
**Ham & Cheese Sandwich**  
**Chicken Caesar Salad**  
 Sides:  
**Corn**  
**Fruit of the Day**  
 Choice of Milk

31

**Chicken Nuggets**  
 w/ pretzel stick  
**Ham & Cheese Sandwich**  
**Chicken Caesar Salad**  
 Sides:  
**Smile Fries**  
**Fruit of the Day**  
 Choice of Milk

### Pizza Wednesday

4

**Tullia's Pizza**  
**Bacon Chicken Ranch Wrap**  
**Turkey BLT Salad**  
 Sides:  
**Green Beans**  
**Fruit of the Day**  
 Choice of Milk

11

**Tullia's Pizza**  
**Bacon Chicken Ranch Wrap**  
**Turkey BLT Salad**  
 Sides:  
**Green Beans**  
**Fruit of the Day**  
 Choice of Milk

18

**Tullia's Pizza**  
**Bacon Chicken Ranch Wrap**  
**Turkey BLT Salad**  
 Sides:  
**Green Beans**  
**Fruit of the Day**  
 Choice of Milk

25

**Tullia's Pizza**  
**Bacon Chicken Ranch Wrap**  
**Turkey BLT Salad**  
 Sides:  
**Green Beans**  
**Fruit of the Day**  
 Choice of Milk



### Thursday

5

**Mini Pancakes**  
 w/Sausage  
**Cheese Hoagie**  
**Garden Salad w/egg**  
 Sides:  
**Tator Tots**  
**Fruit of the Day**  
 Choice of Milk

12

**BBQ Pulled Pork**  
 On a Kaiser roll  
**Cheese Hoagie**  
**Garden Salad w/egg**  
 Sides:  
**Golden Corn**  
**Fruit of the Day**  
 Choice of Milk

19

**Chicken Patty**  
 On a Bun  
**Cheese Hoagie**  
**Garden Salad w/egg**  
 Sides:  
**Golden Corn**  
**Fruit of the Day**  
 Choice of Milk

26

**Chicken Patty**  
 on a Bun  
**Cheese Hoagie**  
**Garden Salad w/egg**  
 Sides:  
**Broccoli**  
**Fruit of the Day**  
 Choice of Milk

### Friday

6

**NO SCHOOL**

**TEACHER'S IN SERVICE**

13

**Pizza Crunchers**  
 w/sauce  
**Grilled Cheese Sandwich**  
**Turkey & Cheese Sandwich**  
 Sides:  
**Carrot Baggie**  
**Fruit of the Day**  
 Choice of Milk

20

**Cheese Pizza**  
**Grilled Cheese Sandwich**  
**Turkey & Cheese Sandwich**  
 Sides:  
**Carrot Baggie**  
**Fruit of the Day**  
 Choice of Milk

27

**Cheese Pizza**  
**Grilled Cheese Sandwich**  
**Turkey & Cheese Sandwich**  
 Sides:  
**Carrot Baggie**  
**Fruit of the Day**  
 Choice of Milk

