



# Elementary October 2024

## Nutrition Corner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <sup>th</sup> September Chicken Tenders Sweet Potato Rounds Yellow/Green Squash <b>(Local NJ Farm)</b> Red Delicious Apple 100% Fruit Juice Hormone Free Milk	1 Rotini Pasta Bar Choice of Marinara, Meat Sauce or Butter Toasted Garlic Stick Roasted Kale <b>(Local NJ Farm)</b> Fresh Kiwi Slices 100% Fruit Juice Hormone Free Milk	2 <b>Pizza Day</b> Baby Carrot Package Sliced Packaged Apples <b>(Peterson Farm)</b> 100% Fruit Juice Hormone Free Milk Piazza Pizza at <b>Midland</b>	<b>School Closed</b> <i>Rosh Hashanah</i> 	<b>School Closed</b> <i>Rosh Hashanah</i> 
7 Oven Baked Chicken Nuggets Baked Steak Fries Egg Plant with Garlic <b>(Local NJ Farm)</b> Cinnamon Apple Sauce 100% Fruit Juice Hormone Free Milk	8 <b>Yogurt/Acai Bar</b> Greek Yogurt or Acai choice of Toppings: Strawberry/Blueberry Mini Bagel Nut Free Granola Chia Seed and Agave 100% Juice and Milk	9 Beef Gyro Fluffy Pita Lettuce/Tomato/Cucumber Tzatziki Sauce Sliced Orange Wedges 100% Fruit Juice Hormone Free Milk <b>Sakanaya Sushi \$6.75</b> <b>Milton Sushi</b>	10 <b>Brunch for Lunch</b> Fluffy Pancakes Blueberry Pancakes Hash Brown Bacon Slices (2) Fresh Banana 100% Fruit Juice Hormone Free Milk	11 <b>Pizza Day</b> Sliced Green Peppers with Ranch Dip <b>(Local NJ Farm)</b> Sliced Packaged Apples <b>(Peterson Farms)</b> 100% Fruit Juice Hormone Free Milk Piazza Pizza at <b>Milton</b> <b>Midland 5<sup>th</sup> grade trip</b>
14 <b>Columbus and Indigenous People Day</b>	15 Orange Chicken Bowl White Rice Broccoli Chopped Scallion Fortune Cookie Chop Sticks Orange Slices 100% Fruit Juice Hormone Free Milk	16 <b>Indoor BBQ</b> Grilled Hot Dog Vegetarian Baked Beans Vegetable Pasta Salad Fresh Grapes Mini Pretzel Snack <b>Osborn Sushi</b> <b>Sakanaya Sushi</b> <b>\$6.75</b>	17 Beef Nachos <b>Bag of Tostitos</b> <b>Scoops</b> Shredded Cheese Salsa/Sour Cream Guacamole Refried Bean Red Delicious Apple	18 <b>Pizza Day</b> Garden Salad Sliced Packaged Apples <b>(Peterson Farms)</b> 100% Fruit Juice Hormone Free Milk Piazza Pizza at <b>Osborn</b>
21 Chicken Patty Deluxe on Brioche Roll Lettuce and Tomato Potato Rounds Fresh Pear 100% Fruit Juice Hormone Free Milk	22 <b>Taco Tuesday</b> Double Beef Taco Cheddar Cheese Pico De Gallo Shredded Lettuce Refried Beans 100% Fruit Juice Hormone Free Milk	23 Beef Sliders on Kings Hawaiian Rolls Lettuce/Tomato/Pickle Baked Steak Cut Potato Cabbage Slaw 100% Fruit Juice Hormone Free Milk <b>Midland Sushi</b> <b>Milton 5<sup>th</sup> Grade Trip</b>	24 <b>Brunch for Lunch</b> French Toast Sticks Hard Boiled Egg Hash Brown Potato Fresh Banana 100% Fruit Juice Hormone Free Milk	25 <b>Pizza Day</b> Caesar Salad Sliced Packaged Apples <b>(Peterson Farms)</b> 100% Fruit Juice Hormone Free Milk Piazza Pizza at <b>Midland</b>



### Cafeteria Offerings

#### Gluten Free

Rolls, Cereal, Pizza, Chicken and Pasta available upon request

**MEAL OF THE DAY \$4.00**

#### INCLUDES

*Vegetable, Fresh Whole Fruit, 100% Fruit Juice (6oz) Hormone/Antibiotic Free Skim, Low Fat Choc, 1%, and Whole Milk*

*Fresh Fruit Basket offered Daily*

Horizon Organic Milk \$2.50

**Pre-Made Sandwiches offered daily with Boar's Head Meats**

(Turkey, Ham, Salami, Buffalo Chicken and Cheddar Cheese)

Sun Butter and Jelly Sandwich

**Pre-Made Salads Available:**

Chicken Caesar Salad/Caesar Salad

Garden Salad/Greek

Large: \$5.50-\$6.25 Small \$3.25-\$5.25

#### À la Carte Prices

Mini 8oz Poland Spring Water \$1.25

Poland Spring Water 16oz \$1.50

Baked Snack Varieties \$1.50-\$2.75

Fruit Cup 9oz \$2.50

Whole Grain Baked Cinnamon Cider Donut (Thursday)

Ice Cream \$1.75-\$3.75 (**Fridays Only**)

**Strawberry/Banana Smoothies made fresh at your school**

**Try our own hummus its sesame free!!**

### DUE TO SUPPLE CHAIN SHORTAGES MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

We try our best to serve our menus as posted; however, sometimes last-minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.