

Munsey Park Lunch Menu October 2024

Meal Price:

Paid: \$3.00

Adult Lunch Meal: \$5.03+tax

More Info...

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

Daily Fruit Offerings: Apple, Orange, Banana, 100% Apple Juice or 100% Fruit Punch

Daily Vegetable Offerings: Baby Carrots & Side Garden Salad

Available Daily:

- Sunflower Seed Butter w/ Jelly Sandwich on WG Bread **V**
- Bagel Meal: Fresh NY-Style Bagel w/ 2 cheese stick **V**
- Fruit and Yogurt with Granola **V**
- Turkey and Cheese on WG Bread or Wrap
- Ham & Cheese on WG Bread or Wrap **P**

Please Note: (WG) denotes whole grain, (P) denotes item may contain pork, **V** denotes Vegetarian option, (*)

All deli sandwiches made with Boar's Head meats

Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.

-Meat/Meat Alternate

-Vegetable

-Whole Grain Item

-Fruit

-Milk

Return of Pretzel Thursday's 1.25 must have funded account.



1
Homemade Turkey Meatballs with Pasta and Marinara Sc.
Dinner Roll
Steamed Spinach
Sauteed Green Beans
Apple/Grapes
Make Your Own Yogurt Bar

2
Chicken & Cheese Or
Cheese Quesadilla
Baked Plantains
Tomato Salad
Grapes
Melon Cup

3
Rosh Hashanah
School Closed

4
Rosh Hashanah
School Closed

7
Homemade Baked Ziti
French Bread
Caeser Salad
Sauteed Zucchini
Grapes
Watermelon Cup

8
Grilled Cheese
Sauteed Green Beans
Garbanzo Beans
Orange
Kiwi Halves
Make Your Own Salad Bar

9
Homemade Pancakes with Syrup
Chicken Sausage
Steamed Spinach
Tomato Salad
100%Orange Juice
Melon Cup

10
Mac & Cheese Or BBQ Mac & Cheese
Steamed Spinach
Red Pepper Strips
Banana
Orange
Pretzel 1.25

11
Pepperoni or Cheese Pizza
Grape Tomato
Garden Salad
Berry Cup
Apple

14
Columbus Day
School Closed

15
Beef Nachos
Shredded Cheese, Salsa, Sour Cream
Black Beans
Corn
Melon Cup
Apple
Make your own Yogurt Bar

16
Chicken Leg
Dinner Roll
Mashed Sweet Potato
Sauteed Green Beans
Grapes
Peach Cup

17
Pulled Pork Sand
Homemade Coleslaw
Grilled Zucchini
Peach Cup
Orange
Pretzel 1.25

18
Pepperoni or Cheese Pizza
Baby Carrots with Dip
Garden Salad
Pear
Mixed Fruit Cup

21
Cheese Ravioli With Marinara Sauce
French Bread
Oven Roasted Broccoli
Caeser Salad
Pear
Fruit Cocktail

22
Chicken and Cheese Burrito
Tortilla filled with Brown Rice, Corn, Black Beans & Cheese
Peach Cup
Apple Sauce
Make your own Salad Bar

23
Burger Bar
Choice of Beef, Turkey and Veggie
On a WG Bun
Choice of Toppings
Spiral Fries
Cucumber Coins
Grapes/Peach Cup

24
BBQ Chicken Sandwich
Broccoli Florets
Glazed Carrots
Pineapple Cup
Watermelon
Pretzel 1.25

25
Pepperoni or Cheese Pizza
Garbanzo Beans
Garden Salad
Berry Cup
Apple

28
Brunch For Lunch
French Toast with Syrup
Chicken Sausage Patties
Tater Tot
Steamed Carrots
Apple/Orange

29
Twin Tacos
With all the fixings
Fiesta Rice
Black Beans
Butternut Squash
Fruit Cocktail
Kiwi Halves
Make Your Own Yogurt Bar

30
Grilled Chicken
Brown Rice
Steamed Spinach
Red Pepper Strips
Banana
Orange

31
Pasta with Meat Sauce
Garlic Bread
Garden Salad
Sauteed Green Beans
Peach Cup
Melon Cup
Pretzel 1.25

