

Middle School October Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30th September Chicken Tenders French Fries Yellow/Green Squash (Local NJ Farm) Red Delicious Apple 100% Fruit Juice Hormone Free Milk	1 Barilla Pasta Bar Choice of Marinara, Meat Sauce or Butter Toasted Garlic Stick Roasted Kale (Local NJ Farm) Fresh Kiwi Slices 100% Fruit Juice Hormone Free Milk	2 Pizza Day Hot Line Offering Gluten Free Pizza \$4.00 Buffalo/Grandma \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 Sunrise Pizza	3 School Closed <i>Rosh Hashanah</i> 	4th School Closed <i>Rosh Hashanah</i> 
7 Boneless Wing Toss BBQ/Hot Sauce Baked Steak Fries Celery and Carrot Sticks Cinnamon Apple Sauce 100% Fruit Juice Hormone Free Milk	8 Spaghetti and Meatballs Toasted Garlic Bread Chopped Salad Fresh Melon Slice 100% Fruit Juice Hormone Free Milk	9 Beef Nachos Bag of Tostitos Scoops Shredded Cheese Salsa/Sour Cream Guacamole Refried Bean Red Delicious Apple Sakanaya Sushi \$6.75	10 Brunch for Lunch Fluffy Pancakes Blueberry Hash Brown Bacon Slices (2) Fresh Banana 100% Fruit Juice Hormone Free Milk	11 Pizza Day Hot Line Offering Gluten Free Pizza \$4.00 Buffalo/Grandma \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 Sunrise Pizza
14 Columbus and Indigenous People Day	15 Chicken Drum Stick Mashed Potatoes Sauteed Green Beans Red Delicious Apple 100% Fruit Juice Hormone Free Milk	16 Three Cheese Ziti Garlic Bread Buttered Available Sauteed Eggplant with Roasted Garlic (Local NJ Farm) Sakanaya Sushi	17 Beef Gyro Fluffy Pita Lettuce/Tomato/Cucumber Tzatziki Sauce Sliced Orange Wedges 100% Fruit Juice Hormone Free Milk	18 Pizza Day Hot Line Offering Gluten Free Pizza \$4.00 Buffalo/Grandma \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 Sunrise Pizza
21 Beef Sliders on Kings Hawaiian Rolls Lettuce/Tomato/Pickle Waffle Fries Cabbage Slaw 100% Fruit Juice Hormone Free Milk	22 Cheese Quesadilla Cheddar Cheese Pico De Gallo Guacamole Shredded Lettuce Refried Beans 100% Fruit Juice Hormone Free Milk	23 Half Day of School No Lunch Served	24 Brunch for Lunch French Toast Sticks Hard Boiled Egg Potato Rounds Fresh Banana 100% Fruit Juice Hormone Free Milk	25 Pizza Day Hot Line Offering Gluten Free Pizza \$4.00 Buffalo/Grandma \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 Sunrise Pizza
28 Chicken and Cheese Patti Deluxe On Brioche Roll Lettuce/Tomato/Pickle Waffle Fries Apple Slices	29 Grilled Cheese with Chicken Noodle Soup Caesar Salad Fresh Pear 100% Fruit Juice Hormone Free Milk	30 Orange Chicken Bowl (available without sauce) Fluffy White Rice Steamed Broccoli Fortune Cookie Orange Slices Sakanaya Sushi \$6.75	31st Happy Halloween Creamy Macaroni and Cheese Toasted Garlic Bread Garden Peas Fresh Banana	



Cafeteria Offerings Gluten Free

Rolls, Cereal, Pizza and Pasta available upon request

MEAL OF THE DAY \$4.50 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
Fresh Fruit Purchase \$1.00
Fruit Cup 9oz \$2.50
Baked Cookie \$1.25
Ice Cream \$1.75-\$3.75

Strawberry/Banana Smoothies made
fresh at your school

Made on site hummus sesame free!!
Try our own overnight oats

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE: We try our best to serve our menus as posted; however, sometimes last-minute changes occur.