



**PEQUENAKONCK
ELEMENTARY**

**Student Lunch - \$3.50
Adult Lunch - \$5.50 Plus**



Alternate Meals Also Available Daily

Sandwich Meal

Boar's Head Turkey, Boar's Head Ham (Pork), Sun Butter and Jelly or Cheese Sandwich With Veggie, Fruit & Milk

Salad Meal

Salad, Protein, Whole Grain Roll, Fruit & Milk

Bagel Meal

Whole Grain Bagel
Cheese/Yogurt
Vegetables, Fruit & Milk

Parfait

Yogurt Parfait w/Strawberries
Cheese Stick, Vegetables, Whole Grain Roll & Milk

Smoothie

Strawberry or Strawberry Banana, Cheese Stick, Vegetables, Whole Grain Roll & Milk

Fruits and Vegetables listed for each day are available with the above items.

Available Daily

Low Fat Milk, Skim Milk and Fat Free
Chocolate Milk

Apples, Oranges and Bananas

Items subjected to change!

**Food Service Director
Karen Seikovsky
914-669-5414 ext:2030**



This institution is an equal opportunity provider.

<p>2 Homemade Macaroni Cheese Mini Turkey Corn Dogs Steamed Green Beans Baby Carrots Orange Wedges 8oz Milk</p>	<p>3 Whole Grain Chicken Nuggets or Chicken Nuggets with an Orange Sauce Brown Rice Steamed Broccoli Roasted Carrots Apple Wedges 8oz Milk</p>	<p>4 Tacos Seasoned Beef, Taco Shells, Cheese, Shredded Lettuce and Salsa or Cheese Quesadilla Steamed Corn Black Bean Salad Orange Wedges 8oz Milk</p>	<p>5 Brunch for Lunch WG French Toast w/Maple Syrup Turkey Sausage or Egg & Sausage (Pork) on a WG English Muffin Baked Sweet Potato Fries Celery Sticks Banana 8oz Milk</p>	<p>6 Fresh Baked Whole Grain Cheese Pizza or Pepperoni (Beef & Pork) Pizza Steamed Broccoli Steamed Peas & Carrots Apple Wedges 8oz Milk</p>
<p>9 Whole Grain Chicken Patty with or without Cheese Baked French Fries Steamed Green Beans Apple Wedges 8oz Milk</p>	<p>10 Whole Grain Spaghetti w/Marinara Sauce Chicken Meatballs or Chicken Meatball Parmesan Sandwich Roasted Broccoli Cucumber Slices Orange Wedges 8oz Milk</p>	<p>11 Whole Grain Grilled Cheese with or without Bacon (Pork) or Cheese Stuffed Breadstick w/Marinara Sauce Tomato Soup Vegetarian Baked Beans Banana 8oz Milk</p>	<p>12 Brunch for Lunch WG Waffles w/Maple Syrup Scrambled Eggs or Egg & Cheese on an English Muffin Baked Tator Tots Celery Sticks Apple Wedges 8oz Milk</p>	<p>13 Fresh Baked Whole Grain Cheese Pizza or Buffalo Chicken Pizza Roasted Zucchini Grape Tomatoes Orange Wedges 8oz Milk</p>
<p>16 Beef Burger, Cheeseburger (Beef), Bacon (Pork) Burger or Veggie Burger Baked French Fries Baked Vegetarian Beans Apple Wedges 8oz Milk</p>	<p>17 Whole Grain Chicken Tenders Seasoned Noodles Steamed Broccoli Roasted Butternut Squash Orange Wedges 8oz Milk</p>	<p>18 Nachos Seasoned Turkey, Tortilla Chips, Cheese and Salsa or Cheese Quesadilla Steamed Corn Celery Sticks Banana 8oz Milk</p>	<p>19 Brunch for Lunch Whole Grain Pancakes w/maple syrup Turkey Sausage or Egg & Cheese on a English Muffin Baked Sweet Potato Fries Cucumber Slices Apple Wedges 8oz Milk</p>	<p>20 Fresh Baked Whole Grain Cheese Pizza or Pepperoni (Beef & Pork) Pizza Roasted Cauliflower Red Pepper Strips Orange Wedges 8oz Milk</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
Schools Closed Holiday Recess				
<p>30 Schools Closed Holiday Recess</p>	<p>31 Schools Closed Holiday Recess</p>	<p>32</p>	<p>33</p>	<p>Food Allergies? If you have a food allergy, please speak to the manager, chef, or your server.</p>