## Gluten Free Items Available:

Rolls, Cereal, Pizza, Pasta, Chicken Nuggets, Carrot and Cucumber Sushi

# 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

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

Turkey, Ham, Salami, Buffalo Chicken Cheddar/American/ Provolone Cheese

Sun Butter and Jelly Sandwich Bagel with Butter/Cream Cheese Pre-Wrapped Roll with Butter

### Pre-Made Salads Available:

Chicken Caesar Salad/Caesar Salad

Garden Salad/Greek Large: \$5.50-\$6.25 Small \$3.25-\$5.25

### Á la Carte Prices

Mini 8oz Poland Spring Water \$1.25

Poland Spring Water 16oz \$1.50 Horizon Organic Milk \$2.50

Soy Milk \$2.50

Baked Snack Varieties \$1.50-\$2.75

Fresh Fruit Purchase \$1.00

Fruit Cup 9oz \$2.50

Baked Cookie \$1.25 (Wednesdays)

Ice Cream \$1.75-\$2.75 (Fridays Only)

Strawberry/Banana Smoothies

made fresh at your school

This institution is an equal opportunity provider and employer. Menu subject to change.



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Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Drum Stick Creamy Mashed Potato Roasted Kale (Local Farm) Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk	4 Election Day/ Superintendent Conference Day No School	Mac and Cheese Or Pasta with Butter Steamed Peas Sliced Pineapple 100% Juice Hormone Free Milk Milton Sushi Day \$6.75	Rational Nacho Day Day!  Beef Nachos Seasoned Taco Meat Tostitos Scoops Bag Shredded Cheddar / Salsa Guacamole/ Sour Cream Seasoned Black Beans Fresh Pear 100% Fruit Juice Hormone Free Milk	7 Pizza Day Caesar Salad Sliced Packaged Apples (Peterson Farms) 100% Fruit Juice Hormone Free Milk Piazza Pizza at Milton
10 Hamburger/Cheeseburger Oven Baked French Fries Green and Yellow Squash (Local Farm) Fresh Orange Slices 100% Fruit Juice Hormone Free Milk	11  Veterans Day  No School	12 Brunch For Lunch French Toast Sausage Links Breakfast Potato Sliced Kiwi 100% Juice Hormone Free Milk Osborn Sushi Day \$6.75	Half Day No Lunch	Pizza Day Garden Salad Sliced Packaged Apples (Peterson Farms) 100% Fruit Juice Hormone Free Milk Piazza Pizza at Osborn
Chicken Patty Deluxe Brioche Roll Baked French Fries Green Leaf Lettuce Roma Tomato (Local Farm) Fresh Apple 100% Fruit Juice Hormone Free Milk	18 Three Cheese Baked Ziti Or Plain Pasta Roasted Broccoli Toasted Garlic Bread Fresh Grapes 100% Juice Hormone Free Milk	Cheese Quesadilla Seasoned Black Beans With Brown Rice Pico de Gallo Sour Cream /Guacamole Applesauce (Peterson Farms) 100% Juice/ Hormone Free Milk Midland Sushi Day \$6.75	Brunch For Lunch Pancakes Bacon Slice (2) Hash Brown Potato Cherry Tomatoes Fresh Banana 100% Fruit Juice Hormone Free Milk	Pizza Day Greek Salad with Feta Sliced Packaged Apples (Peterson Farms) 100% Fruit Juice Hormone Free Milk Piazza Pizza at Midland
24 Boneless Chicken Wings Honey Mustard Potato Smiles Steamed Corn Sliced Oranges 100% Fruit Juice Hormone Free Milk	Barilla Rotini Pasta With Marinara, Meat Sauce or Butter Toasted Garlic Bread Garden Salad Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk	26  Half Day  No Lunch	Thanksgiving Recess No School	28 Thanksgiving Recess No School



Chicken Patty Deluxe
On Brioche Bun
Lettuce and Tomato
Potato Rounds
Granny Smith Apple
100% Fruit Juice
Hormone Free Milk

1 Oven Baked Chicken Tender

Baked Steak Fries

Fresh Cucumber Slices

(Local NJ Farm)

Applesauce

(Peterson Farms)

100% Fruit Juice

Hormone Free Milk

Columbus/

**Indigenous** 

**Peoples Day** 

No School

4
Election Day
No School

11 Penne Pasta Rose
With Chicken
Fresh Basil
(Local NY Farm)
Choice of Pink Sauce or Butter
Toasted Garlic Bread
Roasted Broccoli
Fresh Grapes
100% Juice/ Hormone Free Milk

18 Indoor BBQ
100% Beef Burger
Baked French Fries
Vegetable Pasta Salad
Corn on the Cobb
Fresh Orange Slices
100% Fruit Juice
Hormone Free Milk

25 Boneless Chicken Wings
With BBQ or
Honey Mustard
Roasted Kale
Veggie Pasta Salad
Red Delicious Apple
100% Fruit Juice
Hormone Free Milk
NATIONAL
APPLE DAY
OCTOBER21

2 Barilla Spaghetti
With Marinara,
Meat Sauce or Butter
Toasted Garlic Bread
Cucumber Slices
(Local NJ Farm)
Tomato Salad
Cantaloupe Slice
100% Fruit Juice
Hormone Free Milk

Greek Yogurt/Acai Bar
Choice of Toppings:
Strawberry/Banana
Local Blueberries
Nut Free Granola
Chia Seed and Agave
Mini Bagel with Butter/CC
100% Juice / Hormone Free Milk
Milton Sushi Day \$6.75

12 Cheese Quesadilla
Seasoned Black Beans
Steamed Brown Rice
Pico de Gallo
Sour Cream /Guacamole
Applesauce
(Peterson Farms)
100% Juice/ Hormone Free Milk
Osborn Sushi Day \$6.75

Barilla Rotini Pasta
With Marinara,
Meat Sauce or Butter
Toasted Garlic Bread
Roasted Zucchini
(Local Produce)
Garden Salad/Sliced Kiwi
100% Fruit Juice
Hormone Free Milk
Midland Sushi Day \$6.75

26 Raman Noodle Bowl
Yakisoba Noodles
(GF Rice Noodle Available)
Grilled Chicken
Grilled Tofu
Shelled Edamame/ Broccoli
Fortune Cookie / Orange Slices
100% Juice/ Hormone Free Milk
Milton Sushi Day \$6.75

3 Orange Chicken Bowl
White Rice
Broccoli
Chopped Scallion
Fortune Cookie
Chop Sticks
Orange Slices
100% Juice/Hormone Free Milk
Osborn Sushi Day \$6.75

6 Barilla Shell Baked
Mac and Cheese
(Buttered Pasta Available)
Cucumber/Tomato Salad
Cantaloupe Slice
100% Fruit Juice
Hormone Free Milk

13 Brunch For Lunch
Challah Bread French Toast
Potato Rounds
Sausage Patty
Orange Wedges
Grape Tomatoes
(Local Produce)
100% Juice/ Hormone Free Milk

20 Taco Bowl
Seasoned Taco Meat
Steamed White Rice
Shredded Cheddar / Lettuce
Pico de Gallo
Sour Cream /Guacamole
Fresh Pear
100% Fruit Juice
Hormone Free Milk

27 Brunch For Lunch
Cinnamon
French Toast Sticks
Hash Brown
Hard Boiled Egg
Banana
100% Fruit Juice
Hormone Free Milk

4 Grilled Cheese
Sweet Potato Fries
Baby Carrots
Garden Salad
Sliced Packaged Apples
(Peterson Farms)
100% Fruit Juice
Hormone Free Milk

Pizza Day
Garden Salad
Sliced Packaged Apples
(Peterson Farms)
100% Fruit Juice
Hormone Free Milk
Piazza Pizza at Milton

14

Pizza Day
Caesar Salad
Sliced Packaged Apples
(Peterson Farms)
100% Fruit Juice
Hormone Free Milk
Piazza Pizza at Osborn

Pizza Day
Greek Salad with Feta
Sliced Packaged Apples
(Peterson Farms)

(Peterson Farms) 100% Fruit Juice Hormone Free Milk Piazza Pizza at **Midland** 

Pizza Day
Greek Salad with Feta
Sliced Packaged Apples
(Peterson Farms)
100% Fruit Juice
Hormone Free Milk
Piazza Pizza at Milton

Creepy Pizza Day
Creepy Baby Carrots
Ghoulie Green Apples
100% Fruit Juice
Hormone Free Milk
Piazza Pizza at Osborn

24

17

Diwali No School

Angus Beef Burger or Cheese Burger Brioche Roll Lettuce/Tomato/Pickle Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk