

ESCNJ
Lunch

August 3 - August 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 W/G Chicken Fries -8 Cut Yams -1c Cherry Craisins - 1/2c. Wheat Dinner Roll -1 Milk -8oz	4 W/G Toasted Cheese Sandwich -1 3 Bean Salad Cup - 3/4c Fresh Nectarine -1 Milk-8 oz.	5 Macaroni & Cheese -6oz Diced Carrots -1c Fresh Plum-1 Whole Grain Bread Slice-1 Milk-8oz	6 Tri-Color Tortellini w/ Alfredo Sauce -3oz Sliced Cucumbers -3/4cw/ Dip Fresh Peach -1 Wheat Dinner Roll-1 Milk-8 oz.	7 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
10 W/G Stuffed Shells -2 w/ Spaghetti Sauce Green Beans - 3/4c Orange Craisins - 1/2c Whole Grain Bread Slice - 1 Milk-8 oz.	11 All Beef Hamburger on Wheat Hamburger Bun - 1 Vegetarian Beans - 3/4c Fresh Nectarine -1 Milk-8 oz.	12 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops-1 Grape Tomatoes -1c Fresh Plum-1 Milk-8oz.	13 Breaded Chicken Patty with Gravy - 3oz. French Fries - 3/4c. Fresh Peach -1 Whole Grain Bread Slice- 1 Milk-8 oz.	14 W/G Turkey & Beef Pepperoni Pizza Pocket -1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
17 French Toast Sticks-3 Turkey Sausage Patty -2 Cold Corn Cup -3/4c. Strawberry Craisins - 1/2c. Milk-8 oz.	18 Turkey & American Cheese on W/G Potato Bun - 1 Diced Carrots -1c Fresh Nectarine -1 Milk-8 oz.	19 Beef Meatballs Parmigiana on Wheat Sub Roll Mixed Vegetables - 3/4c Fresh Plum-1 Milk-8oz.	20 Cavatappi Pasta & Broccoli w/ Alfredo Sauce-3oz Fresh Peach -1 Wheat Dinner Roll-1 Milk-8 oz.	21 Whole Wheat 3x5 Cheese Pizza-2 3 Bean Salad Cup-3/4c Fresh Orange-1 Milk-8 oz.
24 Macaroni & Cheese -6oz Mixed Vegetables-3/4c Cherry Craisins - 1/2c. Whole Grain Bread Slice - 1 Milk-8 oz.	25 W/G Fiesta Beef & Cheese Wrap-1 Grape Tomatoes -1c Fresh Nectarine -1 Milk-8 oz.	26 Chicken Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops - 1 Black Bean & Corn Cup - 3/4c Fresh Plum-1 Milk-8oz.	27 W/G Chicken Fingers -3 Plantains -3/4c Fresh Peach -1 Whole Grain Bread Slice - 1 Milk-8 oz.	28 W/G Turkey & Beef Pepperoni Pizza Pocket -1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
31 All Beef Hot Dog on Wheat Hot Dog Bun-1 French Fries-3/4c Strawberry Craisins - 1/2c. Milk-8 oz.				MIXED FRUIT CUP CONTAINS THE FOLLOWING: (Peaches,Pears, and Pineapple) MIXED VEGETABLES CONTAIN THE FOLLOWING: Peas,Carrots,Corn,Green Beans