



# TOTOWA



## Pre-K Monthly Lunch Order Form

Indicate meal selection with the appropriate letter on the days you wish to purchase lunch. **To participate in the lunch, please return the form to the school by 9 a.m. on Friday, February 22<sup>th</sup>, 2019.**

Use the following letters to order:

- X = Daily Entrée
- A = Hot Alternate
- S = Daily Sandwich Choice
- Y = Yogurt Lunch
- C = Cheese Sandwich



### MARCH 2019

	MON	TUES	WED	THUR	FRI
Week 1 Lunch	X	X	X	X	1
Week 2 Lunch	4	5	6	7	8
Week 3 Lunch	11	12	13	14	15
Week 4 Lunch	18	19	20	21	22
Week 5 Lunch	25	26	27	28	29



STUDENT'S NAME \_\_\_\_\_

TEACHER \_\_\_\_\_

If paying by check please make payable to the Totowa School District Cafeteria.

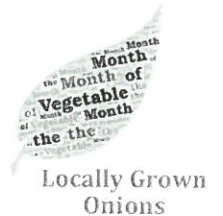
\_\_\_\_\_ days of paid lunch @ \$2.95 = \$ \_\_\_\_\_

\_\_\_\_\_ days of reduced lunch @ \$.40 = \$ \_\_\_\_\_

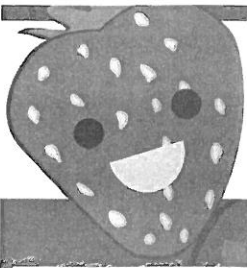
\_\_\_ Cash    \_\_\_ Check    \_\_\_ PayForIt

**NOTE TO FREE LUNCH RECIPIENTS:**

If you plan to participate in the lunch program, you **must** fill out and return this form.












"This institution is an equal opportunity provider."



# MARCH TOTOWA

## 2019 Memorial School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Locally Grown Onions	 Locally Grown Empire Apples		<div style="border: 1px solid black; padding: 5px;"> <b>Fruits &amp; vegetables from The Farm Stand are included with lunch.</b> </div>	
			<div style="border: 1px solid black; padding: 5px;"> <b>Weekly Alternate: Egg &amp; Cheese on a Bagel</b> </div>	
4 Cheeseburger on a Bun with Potato Tots	5 Crispy All-White Meat Chicken Tenders with Oven Fries & a Roll	6 Grilled Cheese Sandwich with Potato Tots	7 <b>Breakfast for Lunch</b> Cinnamon Sugar Glazed French Toast Sticks with an Egg Patty & Hash Brown	8 Pizzeria Pizza 
National School Breakfast Week – I Love School Breakfast			<div style="border: 1px solid black; padding: 5px;"> <b>Weekly Alternate: Gardenburger on a Bun</b> </div>	
11 Super Sampler w/ 2 Chicken Tenders, 3 Mozzarella Sticks, & Oven Fries with a Dinner Roll	12 Popcorn Chicken with Potato Tots & a Roll	13 Pasta with Meatballs & a Marinara Sauce	14 2 Mini Chicken Patties on Mini Buns 	15 <b>ST. PATRICK'S DAY</b> March 17 <sup>th</sup> Pizzeria Pizza 
	<div style="border: 1px solid black; padding: 5px;"> <b>Weekly Alternate: Cheesesteak on a Bun</b> </div>			
18 Baked Chicken Nuggets w/ Oven Fries & a Dinner Roll	19 Nachos Grande with Seasoned Taco Meat, Cheese, Brown Rice, & Nacho Chips 	20 Cheeseburger on a Bun with Potato Tots  <i>SPRING BEGINS</i> 	21 Baked Macaroni & Cheese with a Dinner Roll	22 Pizzeria Pizza
			<div style="border: 1px solid black; padding: 5px;"> <b>Weekly Alternate: Grilled Cheese Sandwich</b> </div>	
25 Cheeseburger Sliders on Mini Buns with Potato Tots	26 Popcorn Chicken w/ Mashed Potatoes & a Roll	27 Pizza Bagel	28 All-Beef Hot Dog on a Bun w/ Potato Tots	29 Pizzeria Pizza 
	<div style="border: 1px solid black; padding: 5px;"> <b>Weekly Alternate: Chicken Patty on a Bun</b> </div>			

### ALSO AVAILABLE DAILY

#### YOGURT LUNCH

4 oz. Yogurt, Cheese Stick, Pretzels, Sliced Bread & a Trip to The Farm Stand

#### CHEESE SANDWICH

American Cheese on a Roll & a Trip to The Farm Stand

#### DELI SANDWICH

*Week 1:* Chicken Caesar Stuffed Pocket Pita with Romaine Lettuce, Breaded Chicken, & Caesar Dressing

*Week 2:* Ham & Cheese on a Kaiser Roll with Lettuce & Tomato

*Week 3:* Salami on a Kaiser Roll with Lettuce & Tomato

*Week 4:* Ham on a Hero with Lettuce & Tomato

*Week 5:* Turkey & Cheese on a Kaiser Roll with Lettuce & Tomato



**At least 50% of All Grains served with your meal are Whole Grain Rich**

#### A Complete Lunch Includes:

Entrée (with Protein/Grain)

**Trip to The Farm Stand**

(students must select at least a serving of fruit or vegetable)

Milk Choice: 1% White, Skim, or Non-Fat Chocolate

**Menu Subject to Change**

Your comments are important to us.

Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com)

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March is National Nutrition Month

# Eat Right!