



SEPTEMBER TOTOWA 2019 Memorial School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div style="border: 1px solid black; padding: 5px; text-align: center;"> Fruits & vegetables from The Farm Stand are included with lunch. </div>	
HAPPY LABOR DAY 2	3 No School	4 No Lunch Service	5 No Lunch Service	6 No Lunch Service
9 Popcorn Chicken with Mashed Potatoes & a Dinner Roll	10 Nachos Grande with Seasoned Taco Meat, Cheese, Brown Rice, & Nacho Chips	11 Pasta with Marinara Sauce & Cheese Stuffed Garlic Breadstick	12 Breakfast for Lunch French Toast Sticks with an Egg Patty & a Hash Brown	13 Pizzeria Pizza
<div style="border: 1px solid black; padding: 2px; display: inline-block;"> Weekly Alternate: Cheeseburger on a Bun </div>				
16 Double Play: Chicken Tenders, Mozzarella Sticks & a Dinner Roll	17 Pizza Bagels	18 Wild Wings Wednesday: Boneless Chicken Wings with Sweet Potato Wedges & a Roll	19 BBQ Pork Ribs on a Bun with Potato Tots	20 Pizzeria Pizza
<div style="border: 1px solid black; padding: 2px; display: inline-block;"> Weekly Alternate: Chicken Fillet Sandwich </div>				
23 Roasted Turkey Dinner served with Mashed Potatoes, Corn and a Biscuit	24 Back to School Night Half Day - No Lunch Service	25 Pizza Sticks	26 Back to School Night Half Day - No Lunch Service	27 Pizzeria Pizza
<div style="border: 1px solid black; padding: 2px; display: inline-block;"> Jersey Fresh Farm to School Week </div>				
<div style="border: 1px solid black; padding: 2px; display: inline-block;"> Weekly Alternate: Chicken Tenders & a Roll </div>				
30 2 Chicken Tenders with a Side of Macaroni & Cheese				
<div style="border: 1px solid black; padding: 2px; display: inline-block;"> Weekly Alternate: Cheesesteak on a Bun </div>				
			Locally Grown Bartlett Pears	Locally Grown Beets

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 – Boars Head Cold Cuts

Week 1: No Lunch Service

Week 2: Italian Mini Hero with Ham, Salami, Provolone Cheese, Lettuce & Tomato

Week 3: Ham & Cheese on a Kaiser Roll with Lettuce & Tomato

Week 4: Chicken Caesar Stuffed Pocket Pita with Romaine Lettuce, Breaded Chicken, & Caesar Dressing

Week 5: Salami on a Kaiser Roll with Lettuce & Tomato



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



Allergy Aware menus are available for students with food allergies. For more information, contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

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

Questions? Contact the Food Service Director George Carrero

Georgecarrero.Pomptonian@gmail.com

973-956-0010, Ext. 15210

"This institution is an equal opportunity provider."