



OCTOBER 2021

Totowa School District



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NATIONAL FARM to SCHOOL MONTH 				Pizzeria Pizza 1
Cheese Pizza 4	Baked Ziti w/ a Split Top Dinner Roll 5	All-Beef Hot Dog on a Bun 6	Chicken Teriyaki w/ Vegetable Fried Rice 7	Pizzeria Pizza 8
National School Lunch Week				
COLUMBUS DAY 11 Chicken Nuggets w/ a Split Top Dinner Roll	12 Macaroni & Cheese w/ a Split Top Dinner Roll	13 Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	14 Cinnamon-Glazed French Toast Sticks	Pizzeria Pizza 15
18 Breaded Chicken on a Bun	19 Breaded Mozzarella Sticks	20 Pasta w/ Meatballs & a Split Top Dinner Roll	21 Sweet & Sour Chicken w/ Vegetable Fried Rice	Pizzeria Pizza 22
25 Cheese Pizza	26 100% Beef Burger or Cheeseburger on a Bun	27 French Toast Sticks	28 CELEBRATE HALLOWEEN! Hot Dog w/ Tater Tots Halloween Pretzell	Pizzeria Pizza 29

Also Available Daily:

Bagel & Yogurt Lunch w/ Cheese Sticks
Pizza Bagel Bag



Locally Grown Grapes



Locally Grown Peas



Free meals for all students*

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

FOOD ALLERGIES

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)
 Hormone-Free Milk
 Menu Subject to Change
 Your comments are important to us. Please e-mail us at comments@pomptonian.com

"This institution is an equal opportunity provider."