

November 2022

Lunch

Midterms:
November 16-18th
The delicious ice cream center of your semester.



Mon	Tue	Wed	Thu	Fri
1 Chicken Fajitas Peppers & Onions Lettuce & Tomato Chick Peas	2 WG Pasta w/Meat Sauce WG Garlic Bread Leafy Green Salad	3 WG Chicken Pattie on WG Bun Baked Potato Seasoned Mixed Vegetables	4 Pizzaburger on WG Bun Tater Tots Roasted Green Beans-	
7	8 SCHOOL CLOSED - NJEA CONVENTION WEEK			
14 Chicken Cheesesteak on WW Roll Peppers/Onions Potato Wedges Green Beans	15 Pasta Primavera Whole Wheat Penne w/ Garden Vegetables Garlic & Oil Cheese Sticks Garlic Bread	16 Chicken Gyro on WW Pita w/Tzatziki Sauce (Cucumber) Chick Pea & Red Onion Salad	17 Crispy Chicken on WW Kaiser Roll Baked Fries Roasted Carrots	18 PIZZA Spinach Salad
21 MATES Breakfast Muffin Egg Patty w/ Cheese & Ham on WW English Muffin Tater Tots	22 Nachos Grande Corn Tortilla Chip w/ Turkey Taco Meat, Cheese, Salsa, Sour Cream & Jalapenos Corn & Beans	23 12:00 DISMISSAL NO LUNCH SERVICE	24 SCHOOL CLOSED THANKSGIVING BREAK	25
28 Sausage -Egg-Cheese on WW Bagel Breakfast Potatoes Carrots	29 Grilled Chicken BLT Grilled Chicken, Bacon Lettuce & Tomato on Whole Wheat Kaiser Pinto Beans	30 Cuban Sandwich Pulled Pork, Ham, Pickle & Cheese on WW Roll Green Beans Sweet Potato Fries		

Vegetarian Options Available Daily:

PB J Sandwich & Grab & Go

Complete Lunch: \$3.50

Includes Choice of Hot Entrée/
Sandwich or Salad w/WG roll

Served with Veggies, Fruit & Choice
of Milk

Choice of Two Veggies:

Featured Veggie, Side Salad or
Carrots

Choice of Two Fruits:

Fresh & Chilled

Whole Grain Rolls & Bread

Daily Milk Choices:

1% White/FF White/FF Chocolate

Staff Lunch \$4.00

Includes Coffee

*We will always try to
accommodate special diets
* Our School is an equal
opportunity provider