

October NUTLEY Elementary Schools



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	THE FERRM ST	The F	vegetables from arm Stand are ed with lunch.	
	Nachos Grande with Seasoned Taco Meat, Rice & Scoops Chips served with Black Beans	2 French Toast Sticks with Syrup, Turkey Sausage & Tater Tots	3 Cheeseburger on a Bun with a Caesar Salad	4 Pizzeria-Style Pizza Cucumber Slices with Ranch Dip
7 All beef hot dog on a bun with baked beans	8 Turkey Tacos served with Salsa & Corn	9 French Bread Pizza	10 Pasta with Meatballs, a Dinner Roll & Side Salad	11 Early Dismissal No Lunch
Columbus day School Closed	15 French Bread Pizza	16 Chicken Tenders with a Dinner Roll, Dip & Cucumber Slices	17 French Toast Sticks with Syrup, Sausage & Smiley Potatoes	18 Pizzeria-Style Pizza Red Pepper Slices
21 Popcorn Chicken with Dip, a Roll & Salad	22 Turkey Tacos served with Salsa & Corn	23 Baked Macaroni & Cheese with a Dinner Roll & Caesar Salad	24 Breaded chicken and cheese on a Bun with a Side Salad	25 Pizzeria-Style Pizza Baby Carrots with Dip
Cheese Quesadilla with Salsa & a Salad	29 Taco Tuesday – Seasoned Beef with Cheese, Lettuce, Tomato & Salsa served with Mexican Rice NJ	30 French Bread Pizza	31 Baked Ziti with a Dinner Roll & Steamed Broccoli	

ALSO AVAILABLE DAILY

SALAD LUNCH (each salad includes a Roll)

Chicken Caesar Salad: Tossed Greens with Sliced Chicken & Caesar Dressing

BAGEL & YOGURT MEAL

Bagel with Cream Cheese, Yogurt, Low-Fat Cheese Stick & a Trip to The Farm Stand **WEEKLY BENTO BOX SPECIALS**

Week 1: Build-A-Pizza Bento Box

Week 2: Breakfast Sampler Bento Box with Granola & a Blueberry Mini Muffin

Week 3: Build-A-Pizza Bento Box

Week 4: Breakfast Sampler Bento Box with Granola & a Blueberry Mini Muffin

Week 5: Build-A-Pizza Bento Box.

WEEKLY SANDWICHES

Week 1: Turkey Wrap

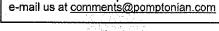
Week 2: Tuna Wrap

Week 3: Ham & Cheese Wrap

Week 4: Italian Mini Hero

Week 5: Turkey & Cheese Sandwich





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

> "This institution is an equal opportunity provider."

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



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.