



OCTOBER 2017

WEST MILFORD TOWNSHIP Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Selections on The Farm Stand are included with lunch. Choose $\frac{1}{2}$ a cup of fruit and 1 cup of vegetable from a variety of options daily.</p>		
Child Health Day 2 2 Chicken Sliders on Buns	3 The Sampler - Chicken Nuggets, Mozzarella Sticks & a Roll	4 French Toast Sticks with an Egg Patty Weekly Alternate: BBQ Rib on a Bun	5 Popcorn Chicken with a Roll & Mashed Potatoes Weekly Alternate: BBQ Rib on a Bun	6 Pizzeria Pizza
COLUMBUS DAY SCHOOL CLOSED 9	10 Pizza Crunchers with Marinara Sauce Weekly Alternate: Cheeseburger on a Bun	11 Chicken Nuggets with a Dinner Roll	12 Baked Macaroni & Cheese with a Dinner Roll National School Lunch Week 2017	13 Pizzeria Pizza
16 Popcorn Chicken with Dip & a Roll	17 Pasta with Meatballs	18 Wild Wing Wednesday - Boneless Chicken in BBQ Wing Sauce with a Roll	19 French Toast Sticks with an Egg Patty Weekly Alternate: All-Beef Hot Dog on a Bun	20 Pizzeria Pizza
23 Chicken Patty with Bacon on a Bun & Oven Fries Weekly Alternate: BBQ Rib on a Bun	World Series Begins 24 Baked Mozzarella Sticks with Marinara Sauce	25 The Chicken Bowl - Mashed Potatoes topped with Gravy, Corn & Crispy Chicken with a Roll	26 3-Foot Italian Hero Slice & Smiley Fries	27 Pizzeria Pizza
30 Baked Chicken Nuggets with a Dinner Roll & Sweet Potato Fries Weekly Alternate: Cheesesteak on a Bun	Halloween 31 Soft or Crunchy Tacos with Seasoned Taco Meat, Cheese, Lettuce, Tomatoes & Brown Rice		Jersey Fresh 	Jersey Fresh

ALSO AVAILABLE DAILY

SALAD LUNCH (each salad includes Sliced French Bread)

Chef's Salad: Tossed Greens with Turkey, Ham & Cheese

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

BAGEL MEAL

Bagel with Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand

YOGURT LUNCH

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

DELI SANDWICH

Week 1: Ham on a Wrap with Lettuce & Tomato

Week 2: Turkey & Cheese on a Wrap with Lettuce & Tomato

Week 3: Italian Mini Hero with Ham, Salami, Provolone Cheese, Lettuce & Tomato

Week 4: Ham & Cheese on a Kaiser Roll with Lettuce & Tomato

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

A Complete Lunch Includes:

Entrée (with Protein/Grain)

Trip to The Farm Stand

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

"This institution is an equal opportunity provider."



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

