

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Cheesy Stuffed Breadsticks
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel bag
Honey Glazed Carrots

2

Roasted Chicken in Basket
with Buttermilk Biscuit
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Waffles Fries

3

Old Fashioned Mac & Cheese
with Dinner Roll
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Steamed Broccoli

4

Twin Tacos with Rice, Cheese,
Lettuce & Tomato
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Spanish Beans

5

Mini Personal Pizza
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Steamed Green Beans

Peanut Butter & Jelly offered Daily

8

School Closed
Columbus Day

9

Chicken Nuggets with Dinner Roll
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
Smile Fries

10

Mozzarella Sticks
with Marinara Sauce
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
Broccoli Dippers

11

Boneless Chicken Bites
with Soft Pretzel Stick
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
Homestyle Baked Beans

12

Big Daddy's Pizza
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Deli Bento Box
Cucumber Coins

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

15

Hamburger or Cheeseburger
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Steamed Carrot Coins

16

Hot Diggity Dog
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Mashed Potatoes & Steamed Corn

17

Chicken Patty Sandwich
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Sautéed Spinach

18

Chicken & Cheese Taquitos
with Salsa
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Vegetarian Refried Beans

19

Cheese Pizza
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Crazy Cheese Cube Bento Box
Steamed Green Beans

22

Breakfast for Lunch
Fluffy Pancakes with Sausage
Italian Sub
Grilled Chicken Salad with Roll
Egg & Muffin Bento Box
Cinnamon Sweet Potatoes

23

Chicken Tenders with Dinner Roll
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
Egg & Muffin Bento Box
Tater Tots

24

Chinese Take Out
Sweet & Sour Chicken
served with Brown Rice
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
Egg & Muffin Bento Box
Steamed Broccoli

25

Baked Chicken & Waffles
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
Egg & Muffin Bento Box
Southwest Black Beans

26

French Bread Pizza
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
Egg & Muffin Bento Box
Cucumber Coins

All Menu's and Nutritionals on the SO HAPPY APP

29

Spartan Burger
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Crazy Cheese Cube Bento Box
Sweet Potato Wedges

30

Grilled Cheese Pretzel Melt
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Crazy Cheese Cube Bento Box
Baked French Fries

31

Happy Halloween
Chicken Patty Sandwich
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Crazy Cheese Cube Bento Box
Sautéed Spinach



Breakfast Prices:
Full Paid: \$ 1.75
Reduced: \$.30
Lunch Prices:
Full Paid \$ 2.85
Reduced: \$.40
Milk: \$.50

Menu Subject to Change

This institution is an equal opportunity provider.

Commit to Making Every Monday A Healthier Start to the Week

Monday symbolizes the beginning of each week, a fresh start and the opportunity to begin something new. Much like when people make a New Year's resolution, people tend to use Monday as a day dedicated to health. A healthier start on a Monday often means a healthier week will follow.

To help students, staff and families create and maintain healthier behaviors, My Mondays, Sodexo's new educational campaign, will help promote healthy eating, physical activity, cooking and sustainable, earth-friendly behaviors.

This initiative has been modeled after the Mondays Campaign, which is a non-profit public health initiative associated with Johns Hopkins, Columbia and Syracuse Universities that dedicates the first day of every week to health. Every Monday, individuals and organizations across the globe join together to commit to the healthy behaviors that can help end chronic preventable diseases.

For more information on the Mondays Campaign, please visit <http://www.mondaycampaigns.org/>.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffisplayground.com

BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar

All Breakfast come with Fruit and Variety of Reduced Fat Milk

MONDAY:

Whole Grain Cereal and Graham Crackers

TUESDAY: Hot Mini Maple Pancakes

WEDNESDAY:

Warm Whole Grain Mini Cini Pastry

THURSDAY: Assorted Breakfast Bars

FRIDAY:

Whole Grain Muffin and Graham Crackers

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.



So Happy

Sodexo's menu app with nutrition and allergen information!

Happy October! Be sure to utilize www.Schoolcafe.com for online café payments. If you have any questions with regards to the cafeteria please contact Jacki Wagner 732-531-5630 ext. 7091 and at jacqueline.wagner@sodexo.com.

IMPORTANT:
Please remember to fill out and return your free and reduced lunch applications or online at www.Schoolcafe.com.
MUST BE COMPLETED ANNUALLY

Nutrition Information is available upon request.

