



TOIS 2019 January

Our menus are aligned with the USDA's Healthy Hunger
Free Kids Act.
*All Menu's & Nutritionals on the
SD HAPPY APP*

Weekly Breakfast Menu

Monday – WG Cereal and Graham Crackers
Tuesday – Mini Pancakes
Wednesday – Whole Grain Mini Cini Pastry
Thursday – Benefit Bar
Friday – WG Muffin and Graham Crackers
Bagels, PopTarts and Cereal always available
All Breakfasts come with Fruit and 1% or Skim Milk

		1/2	1/3	1/4
		Sweet –n-Sour Chicken&Rice Steamed Broccoli	Baked Chicken Southwest Black Beans	Big Daddy Pizza French Fries Side Salad
1/7 French Toast Crispy Bacon Sweet Crinkle Cut Fries	1/8 Poppin' Popcorn Chicken with roll Baked French Fries	1/9 Rotini Pasta with Italian Meat sauce Sautéed Spinach	1/10 Chicken Nuggets & Roll Vegetarian Beans	1/11 Pepperoni Pizza French Fries Side Salad
1/14 Cheesy Stuffed Breadsticks Glazed Carrots	1/15 Roasted Chicken in a Basket Waffle Fries	1/16 Old Fashioned Macaroni & Cheese Steamed Broccoli	1/17 Twin Taco's served with Toppings Spanish Beans	1/18 Big Daddy Pizza French Fries Side Salad
1/21 School Closed Martin Luther King Jr's Birthday	1/22 Chicken Tenders & Roll Crispy Seasoned Fries	1/23 Mozzarella Sticks & Marinara Sauce Broccoli Dippers	1/24 Boneless Chicken Bites Served with Soft Pretzel Homestyle Baked Beans	1/25 Big Daddy Pizza French Fries Side Salad
1/28 Maple Pancakes Turkey Sausage Crispy Sweet Tators	1/29 Nacho Supreme Vegetarian Baked Beans	1/30 Chicken Parm Sandwich Sautéed Spinach	1/31 Chicken & Cheese Taqitos Smile Fries	Any concerns: Contact Jacqueline.wagner@ Sodexo.com 732-531-5630 x7091



A MINIMUM OF 4 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety



Locally Grown items are offered whenever seasonally available

Low Fat or Fat Free Milk included with all meals



See Daily Entrée Selections above.

All entrees served with a Milk,
Vegetable and Fruit or Juice
Plus a variety of Pizza Slices



EVERYDAY CHOICES

Flame Broiled Beef Burgers,
Chicken Patties, Hotdogs,
Cheese Steaks & BBQ Riblettes



WEEKLY CHOICES

Week #1 Italian Sub and Grilled Chicken Salad

Week #2 Turkey & Cheese Sub and Garden Salad with Cheese

Week #3 Ham&Cheese Sub and Grilled Chicken Salad

Week #4 Tuna Salad Sub and Turkey Club Salad

Week #5 Turkey Club Sandwich and Crispy Chicken Caesar Salad

Available Daily: Turkey & Cheese & Peanut Butter & Jelly



Vegetarian



Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 30350-9413 or call (800) 795-3373 (voice)

or (303) 730-6383 (TTY). USDA is an equal opportunity provider and employer.