



Township of Ocean Intermediate School

JAN

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Boneless Chicken Bites
w/Dinner Roll

French Fries

3

Homestyle Mac & Cheese
Dinner Roll

Steamed Broccoli

4

Chicken Fajita
over Rice

Vegetarian Baked Beans

5

Pizza Day
Big Daddy Pizza

Garden Tossed Salad

Available Daily: Pizza, Hamburgers & Cheeseburgers, Assorted Sandwiches / Wraps & Salads

8

Breakfast for Lunch
French Toast Sticks
w/ Turkey Sausage Patty

Glazed Carrots

9

Oven Baked Chicken
w/Dinner Roll

Mashed Potatoes

10

Rotini Pasta w/Marinara Sauce

Mixed Veggies

11

Chicken Quesadilla

Refried Baked Beans

12

Pizza Day
French Bread Pizza

Garden Tossed Salad

Available Daily: Pizza, Hamburgers & Cheeseburgers, Assorted Sandwiches / Wraps & Salads

15

**SCHOOL CLOSED
FOR
MARTIN LUTHER KING'S
BIRTHDAY**

16

Popcorn Chicken
w/Dinner Roll

Steak Fries

17

Buffalo Chicken Mac & Cheese
w/Buttermilk Biscuit

Steamed Green Beans

18

Empanada

Refried Baked Beans

19

Pizza Day:
4x6 Smart Pizza

Garden Tossed Salad

Available Daily: Pizza, Hamburgers & Cheeseburgers, Assorted Sandwiches / Wraps & Salads

22

Mozzarella Sticks
w/Marinara Sauce

Seasoned Green Beans

23

Grilled Cheese Pretzel Sandwich
w/Tomato Soup

Smile Fries

**EARLY DISMISSAL
FOR 5TH GRADE**

24

Baked Ziti
w/Garlic Breadstick

Rosted Broccoli

**EARLY DISMISSAL
FOR 5TH GRADE**

25

Chicken Fajita
w/Spanish Rice

Aztec Corn

**EARLY DISMISSAL
FOR 5TH GRADE**

26

Pizza Day:
Big Daddy Pizza

Garden Tossed Salad

**EARLY DISMISSAL
FOR 5TH GRADE**

Available Daily: Pizza, Hamburgers & Cheeseburgers, Assorted Sandwiches / Wraps & Salads

29

Cheesesteak Sub
w/Peppers & Onions

Steak Fries

30

Chicken Tenders
w/Dinner Roll

Steamed Carrot Coins

31

Lasagna Roll Up
w/garlic Breadstick

Steamed Broccoli

**Reduce Breakfast Price: \$.00
Paid Breakfast Price: \$2.25**

**Reduced Lunch Price: \$.00
Paid Lunch Price: \$3.75**

All lunches include a variety of
fresh fruit, chilled fruit cup and
choice of milk
(skim, 1% or fat free chocolate)

MENU SUBJECT TO CHANGE

Available Daily: Pizza, Hamburgers & Cheeseburgers, Assorted Sandwiches / Wraps & Salads

A Guide to Safety with School Meals in the Wake of COVID-19

As the world continues the long journey back to normalcy after the COVID-19 pandemic, many students are gearing up to start a new academic year faced with new, extraordinary challenges. The start of a school year can cause anxiety for both new and returning students and parents, and recent events have added reasonable concerns about health and

safety in the wake of the global pandemic that altered the way we live, work and learn. Sodexo understands these concerns, and we are committed to protecting the health and safety of everyone who eats in our schools, as well as all members of our foodservice staff.



Download our app for more information about our school lunches.

BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar

All Breakfast comes with Fruit and Reduced Fat Milk

MONDAY: Maple Pancakes and Syrup
Bagel with Cream Cheese or Butter
Fresh Fruit of the Day

TUESDAY: Breakfast Burrito
Bagel with Cream Cheese or Butter
Fresh Fruit of the Day

WEDNESDAY: Breakfast Pizza
Bagel with Cream Cheese or Butter
Fresh Fruit of the Day

THURSDAY: Egg and Cheese Sandwich on a Roll
Bagel with Cream Cheese or Butter
Fresh Fruit of the Day

FRIDAY: Waffles with Syrup
Bagel with Cream Cheese or Butter
Fresh Fruit of the Day

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



Due to nationwide product and ingredient shortages, menus are subject to change based on product availability. Although menus may change, our teams are working hard to ensure that students still have access to a variety of well-balanced and healthy meal options.

Nutrition Information is available upon request.