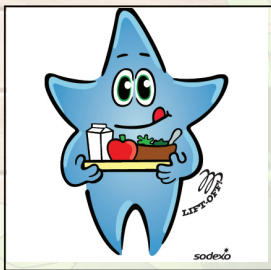


MONDAY



TUESDAY

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

WEDNESDAY

1

Pasta w/Meat Sauce & Breadstick
Chicken Patty Sandwich
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Crazy Cheese Cube Bento Box
Broccoli Bites
Kale Tuscan Salad
Fresh Fruit & Fruit Cup

THURSDAY

2

Nachos Supreme
Grilled Ham & Cheese
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Crazy Cheese Cube Bento Box
Vegetarian Refried Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

FRIDAY

3

Tony's Pizza
Fish & Chips w/Roll
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Crazy Cheese Cube Bento Box
Steamed Green Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.

6

Pepperoni & Cheese Stuffed Sandwich
Bacon Cheeseburger
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Slim Stix Sweet Potato Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

7

Chicken in a Basket w/Biscuit
Hot Dog w/Cheese Sauce
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Potato Wedges
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

8

Big Daddy Cheese Pizza
Chicken Nuggets w/Breadstick
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Sautéed Spinach
Colorful Collards
Fresh Fruit & Fruit Cup

9

School Closed
NJEA Convention

10

School Closed
NJEA Convention

Menu subject to change.

13

French Toast Sticks w/Sausage
Cheeseburger
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Cinnamon Sweet Potatoes
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

14

Chicken Nuggets w/Breadstick
Grilled Ham & Cheese Pretzel Melt
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Waffle French Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

15

Pasta w/Meatballs & Breadstick
Chicken Patty Sandwich
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Broccoli Bites
White House Salad
Fresh Fruit & Fruit Cup

16

Hot Turkey Dinner
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Mashed Potatoes
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

17

Round Galaxy Pizza
Cheese Steak Sandwich
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Cucumber Slices
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

Questions or concerns; Please email at Jacqueline.wagner@sodexo.com

20

Cheese Quesadilla
Pretzel Burger
Chicken Caesar Wrap
Chef Salad w/Roll
Egg & Muffin Bento Box
Cross Trax Sweet Potato Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

21

Crispy Chicken Bowl w/Roll
Spiral Dog
Chicken Caesar Wrap
Chef Salad w/Roll
Egg & Muffin Bento Box
Mashed Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

22

Big Daddy Cheese Pizza
Grilled Chicken Sandwich
Chicken Caesar Wrap
Chef Salad w/Roll
Egg & Muffin Bento Box
Roasted Vegetables
Asian Bok Choy Salad
Fresh Fruit & Fruit Cup

23

Thanksgiving
Schools Closed

24

Schools Closed

27

Mozzarella Sticks w/Marinara Sauce
Hamburger on a Bun
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Glazed Carrots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

28

Chicken Tenders w/Breadstick
Bacon Cheese Stuffed potato Skins
w/Tortilla Chips
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Smile Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

29

Pasta Bar w/Breadstick
Chicken Parm Sandwich
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Steamed Broccoli
Strawberry Kale Salad
Fresh Fruit & Fruit Cup

30

Chicken & Waffles
Beef Burrito
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Three Bean Salad
Romaine Tossed Salad
Fresh Fruit & Fruit Cup





Why Should Children and Adults Eat More Plant-Based Foods?

Plant based foods like fruits, vegetables, whole grains and beans can provide a variety of color, texture and taste to your plate, and are also packed with important nutrients to help prevent disease. They each contribute important fiber to your daily diet which helps to fill you up and keep your digestive system healthy. Eating plant-based foods has also been shown to reduce the risk for heart disease, high blood pressure and some cancers. In addition, the added vitamins and minerals in these foods can help keep you energized when properly added to a balanced daily meal plan.

Why do we struggle to get more plant-based foods into our diets? For some people it's lack of familiarity and not understanding how to incorporate them into a daily diet routine. Consider some of the tips below to help you learn how to add these nutrient-filled foods into your family's meal plan. There are also issues of availability in different seasons, as well as convenience. If fresh is not an option for your family, try frozen fruits and veggies, canned fruits in natural juices, or low-sodium canned vegetables and beans as a healthy alternative.



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

liftoffsplayground.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 Cinni Pastry

THURSDAY: Hot Mini Berry Waffles

FRIDAY: Whole Grain Muffin with Graham Crackers

Fresh Pick Recipe

CRANBERRY CORNBREAD DRESSING

- 4 cups cornbread, cut into large croutons
 - 1 lb sausage, cooked and drained (optional)
 - 1 tablespoon olive oil
 - 1/2 cup onions, small dice
 - 1/2 cup celery, sliced
 - 1 medium apple, chopped
 - 1 cup cranberries
 - 1 teaspoon thyme
 - 1 1/2 cups chicken broth
 - salt and pepper, to taste
1. Slice cornbread into large croutons. Place on baking sheet and put in 350 degree oven for 15 minutes until crispy.
 2. In medium pan, heat the olive oil and sauté onions and celery for 3 minutes.
 3. Add apples and cranberries to the pan and sauté for 3 more minutes.
 4. Spray a large casserole dish with oil. Place cornbread into dish and top with the cooked sausage if using.
 5. Prepare all ingredients as directed and mix in a bowl.
 6. With a slotted spoon, distribute the cranberry mixture on top.
 7. Spoon enough of the broth onto the dish to moisten the cornbread.
 8. Cover casserole dish and place in 350 degree oven for 30 minutes.



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

