

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

3

**LABOR DAY  
SCHOOL CLOSED**

4

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



6

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

7

Big Daddy's Pizza  
Cheese or Pepperoni  
Fish Sticks w/roll  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Cheese & Pretzel Goldfish Boat  
Cucumber Coins

10

School Closed  
Rosh Hashanah

11

School Closed  
Rosh Hashanah

12

Homemade Baked Ziti  
with Warm breadstick  
Chicken Patty Sandwich  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Sautéed Spinach

13

**NEW ITEM!**  
Chicken & Cheese Taquitos  
Grilled Cheese  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Vegetarian Refried Beans

14

Mini Personal Pizza  
Fish Sticks  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Baked French Fries

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

17

**BREAKFAST FOR LUNCH**  
Fluffy Pancakes with Sausage  
Hamburger or Cheeseburger  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Cinnamon Sweet Potatoes

18

Chicken Tenders with Dinner Roll  
Hotdog on a Bun  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Tater Tots

19

School Closed  
Yom Kippur

20

Baked Chicken & Waffles  
Grilled Cheese  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Seasoned Beans

21

Big Daddy Pizza  
Cheese or Pepperoni  
Fish Sticks w/roll  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Cucumber Coins

Peanut Butter and Jelly available daily

24

Egg & Cheese Bagel Sandwich  
Hamburger or Cheeseburger  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Sweet Potato Wedges

25

Poppin' Popcorn Chicken  
with Dinner Roll  
Hotdog on a Bun  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Baked French Fries

26

Rotini Pasta with Italian Meatsauce  
and Garlic Breadstick  
Chicken Patty Sandwich  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Sautéed Spinach

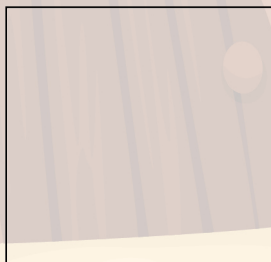
27

**FIESTA DAY!**  
Nachos Supreme with Meat, Cheese  
and Fresh Salsa  
Grilled Cheese  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Vegetarian Refried Beans

28

Big Daddy Pizza  
Cheese or Pepperoni Pizza  
Fish Sticks w/roll  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Celery Dippers with Ranch Dressing

All Menu's and Nutritionals on the SO HAPPY APP



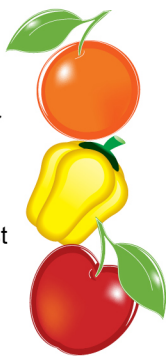
Menu Subject to Change

This institution is an equal opportunity provider.

## USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.



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](http://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 Cini Pastry

**THURSDAY:** Assorted Breakfast Benefit Bars

**FRIDAY:** Whole Grain Muffin and Graham Crackers

## Fresh Pick Recipe

### CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.



Welcome back! Be sure to utilize [www.Schoolcafe.com](http://www.Schoolcafe.com) for online café payments. If you have any questions with regards to the cafeteria please contact Jacki Wagner at 732-531-5630 ext. 7091 and at [jacqueline.wagner@sodexo.com](mailto:jacqueline.wagner@sodexo.com).

**IMPORTANT:**  
Please remember to fill out and return your free and reduced meal applications or online at [www.Schoolmealapp.com](http://www.Schoolmealapp.com).  
**MUST BE COMPLETED ANNUALLY**

Nutrition Information is available upon request.

