

TOIS 2018 October

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 Cinni Pastry
Thursday – Benefit Bar
Friday – WG Muffin and Graham Crackers

All Breakfasts come with Fruit and 1% or Skim Milk

10/1	10/2	10/3	10/4	10/5
Cheesy Stuffed Breadsticks & Marinara Honey Glazed Carrots	Roasted Chicken in a Basket Waffle Fries	Crispy Macaroni & Cheese and Roll Steamed Broccoli	Twin Taco's & Rice Lettuce, Salsa & Cheese Spanish Beans	Big Daddy Pizza French Fries Side Salad
10/8 School Closed Columbus Day	10/9 Chicken Nuggets with roll Smile Fries	10/10 Mozzarella Sticks & Marinara Sauce Broccoli Dippers	10/11 Boneless Chicken Bites with Soft Pretzels Homestyle Baked Beans	10/12 Pepperoni Pizza French Fries Side Salad
10/15 French Toast w/sausage Cinnamon Sweet Potatoes	10/16 Chicken Tenders with roll Tator Tots	10/17 Grilled Cheese & Tomato Soup Steak Fries	10/18 Chicken & Cheese Taquitos Vegetarian Beans	10/19 Big Daddy Pizza French Fries Side Salad
10/22 Fluffy Pancakes w/ bacon Cinnamon Sweet Tots	10/23 Chicken Tenders with roll Waffle Fries	10/24 Chinese Take Out Sweet and Sour Chicken Brown Rice & Broccoli	10/25 Baked Chicken & Waffles Southwest Black Beans	10/26 Pepperoni Pizza French Fries Side Salad
10/29 Pulled BBQ Chicken On a roll Baby Carrots	10/30 Grilled Cheese Pretzel Melt French Fries	10/31 Chicken Parmesan Sandwich Steamed Green Beans	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



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



WEEKLY CHOICES

- Week #1 Ham & Cheese Sub or Turkey Club Salad & Hummus Bento
- Week #2 Tuna Sandwich, Chicken Caesar Salad or Cereal Bag & Deli Bento
- Week #3 Turkey Club sandwich, Chef Salad & Cheese Cube Bento
- Week #4 Italian Sub, Grilled Chicken Salad & Egg & Muffin Bento
- Week #5 Turkey & Cheese Sub, Garden Salad w/cheese & Deli Bento



Available Daily: Turkey & Cheese & Peanut Butter & Jelly



Vegetarian

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.



Smart Pick

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.