

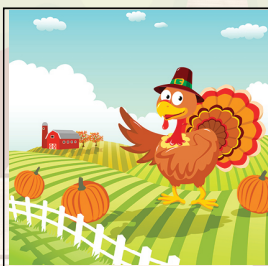
MONDAY

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

TUESDAY



WEDNESDAY



THURSDAY

1
Nachos Supreme w/ Turkey Meat
Grilled Cheese
Turkey & Cheese Sub
Garden Salad w/ Cheese & Roll
Yogurt Bag
Crazy Cheese Cube Bento Box
Vegetarian Refried Beans

FRIDAY

2
Cheese Pizza Slice
Fish Sticks
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Crazy Cheese Cube Bento Box
Cucumber Coins

5

Cheesy Stuffed Breadsticks
Hamburger or Cheeseburger
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel bag
Honey Glazed Carrots

6

Roasted Chicken in Basket
Hot Dog Bar
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Waffles Fries

7

Cheese Pizza Slice
Chicken Patty Sandwich
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Steamed Broccoli

8

School Closed
Teachers Convention

9

School Closed
Teachers Convention

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

12

Breakfast for Lunch
French Toast Sticks
Hamburger or Cheeseburger
Tuna Salad Sub
Chef Salad
Cheese & Pretzel Goldfish Boat
Crinkle Cut Sweet Potato Fries

13

Chicken Nuggets with Dinner Roll
Hotdog on a Bun
Tuna Salad Sub
Chef Salad
Cheese & Pretzel Goldfish Boat
Smile Fries

14

Mozzarella Sticks
with Marinara Sauce
Chicken Patty Sandwich
Tuna Salad Sub
Chef Salad
Cheese & Pretzel Goldfish Boat
Broccoli Dippers

15

Hot Turkey Feast
Grilled Cheese
Tuna Salad Sub
Chef Salad
Cheese & Pretzel Goldfish Boat
Homestyle Mashed Potatoes

16

Big Daddy's Pizza
Fish Sticks
Tuna Salad Sub
Chef Salad
Cheese & Pretzel Goldfish Boat
Cucumber Coins

Peanut Butter & Jelly available

19

Boneless Chicken Bites
Hamburger or Cheeseburger
Turkey Club Sandwich
Crispy Chicken Salad
Cereal Bag
Steamed Carrot Coins

20

Pop Corn Chicken
Hot Diggity Dog
Turkey Club Sandwich
Crispy Chicken Salad
Cereal Bag
Steamed Corn

21

Big Daddy Pizza
Chicken Patty Sandwich
Turkey Club Sandwich
Crispy Chicken Salad
Cereal Bag
Sautéed Spinach

22

SCHOOL CLOSED
HAPPY THANKSGIVING

23

School Closed

All Menu's and Nutritionals can be found on the SO HAPPY APP

26

Breakfast for Lunch
Fluffy Pancakes with Sausage
Hamburger or Cheeseburger
Italian Sub
Grilled Chicken Salad with Roll
Egg & Muffin Bento Box
Cinnamon Sweet Potatoes

27

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

28

Philly Cheesesteak Sub
Chicken Patty on a Bun
Italian Sub
Grilled Chicken Salad with Roll
Egg & Muffin Bento Box
Steamed Broccoli

29

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

30

French Bread Pizza
Fish Sticks
Italian Sub
Grilled Chicken Salad with Roll
Egg & Muffin Bento Box
Cucumber Coins

Menu Subject to Change

This institution is an equal opportunity provider.

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 Reduced Fat Milk

MONDAY: Whole Grain Cereal and Graham Crackers

TUESDAY: Hot Mini Maple Pancakes

WEDNESDAY: Warm Whole Grain Mini Cini Pastry

THURSDAY: Eggo Waffles

FRIDAY: Whole Grain Muffin and 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.Schoolcafe.com for online café payments. If you have any questions with regards to the cafeteria please contact Jacki Wagner 732-531-5630 ext. 7091 and at jacqueline.wagner@sodexo.com.

IMPORTANT:

Please remember to fill out and return your free and reduced lunch or online at www.Schoolcafe.com.
MUST BE COMPLETED ANNUALLY

Nutrition Information is available upon request.

