January 2024

Monroe Township

Elementary Schools



VEGETARIAN



Student Lunch 2.65 Reduced Price Lunch 0.00 Second Student Lunch 3.75 Adult Lunch 3.75 www.myschoolbucks.com

POS QUESTIONS?

732-521-6042 Ext. 2041

TUESDAY FRIDAY MONDAY WEDNESDAY THURSDAY Fresh & Local Breakfast For Lunch!! 3 4 Pancakes W/ Syrup Pizzeria Pizza Chicken Nuggets Mozzarella Sticks Big Daddy's Pizza V Whole Grain Dinner Roll Turkey Sausage W/ Marinara Sauce FEATURED VEGGIES: AG & OT-Tuesdays FEATURED VEGGIES: **FEATURED VEGGIES:** Italian Bread Baked Beans ML & WL-Tuesdays Steamed Corn Potato Triangles FEATURED VEGGIES: Choice of Green Scene BB & BS-Wed Choice of Green Scene Choice of Green Scene Mixed Veggies Choice of Fruit & Milk Choice of Fruit & Milk Choice of Green Scene Choice of Fruit & Milk Choice of Fruit & Milk V Personal Pizza Weekly Alternate: Chicken Patty on a Whole Wheat Bun 12

Popcorn Chicken

W/ Soft Pretzel Rod FEATURED VEGGIES: Steamed Corn Choice of Green Scene Choice of Fruit & Milk

15

Egg & Cheese on a Croissant

FEATURED VEGGIES: Smile Face Fries Choice of Green Scene Choice of Fruit & Milk

Crunchy or Soft Shell Beef Tacos *Vegetarian Refried Beans also available V Baked Beans

FEATURED VEGGIES: Choice of Green Scene Choice of Fruit & Milk

11 French Bread Pizza 🗸 FEATURED VEGGIES:

Green Beans Choice of Green Scene Choice of Fruit Choice of Milk

Half Day

Staff In-Service

Weekly Alternate: VBagel Bazaar Bagel W/LF Cream Cheese & LF Cheese Sticks

16

18

Personal Pizza

Schools Closed

Mozzarella Sticks

W/ Marinara Sauce Italian Bread FEATURED VEGGIES:

Sweet Peas Choice of Green Scene Choice of Fruit & Milk

WAFFLE WEDNESDAY! 17 Belgium Waffle 🕔 W/ Strawberries & Sugar Free Maple Syrup Turkey Sausage FEATURED VEGGIES: Potato Triangles Choice of Green Scene

Choice of Fruit & Milk

Macaroni & Cheese 🤍 Italian Bread **FEATURED VEGGIES:** Steamed Broccoli Choice of Green Scene Choice of Fruit & Milk

Big Daddy's Pizza 💛 FEATURED VEGGIES: Green Beans Choice of Green Scene Choice of Fruit Choice of Milk

Weekly Alternate: Hamburger or Cheeseburger (BEEF) on a Whole Wheat Bun

V Personal Pizza

19

Chicken Nuggets Whole Grain Dinner Roll FEATURED VEGGIES: Smile Face Fries Choice of Green Scene

Choice of Fruit & Milk

Sandwich 🚺 **FEATURED VEGGIES:** Tomato Soup Choice of Green Scene Choice of Fruit & Milk

Toasted Cheese

Crunchy or Soft 24 Shell Beef Tacos *Vegetarian Refried Beans also available FEATURED VEGGIES: Baked Beans Choice of Green Scene Choice of Fruit & Milk

25 Sweet & Tangy Tangerine Chicken Steamed Brown Rice 🎏 FEATURED VEGGIES:

Steamed Broccoli Choice of Green Scene Choice of Fruit & Milk

Big Daddy's Pizza 🤍 FEATURED VEGGIES: Green Beans Choice of Green Scene Choice of Fruit Choice of Milk

Weekly Alternate: VBagel Bazaar Bagel W/LF Cream Cheese & LF Cheese Sticks



Personal Pizza

Popcorn Chicken W/ Soft Pretzel Rod FEATURED VEGGIES:

Steamed Corn Choice of Green Scene Choice of Fruit & Milk

30 Cheese Quesadilla V W/ Salsa **FEATURED VEGGIES:**

Baked Beans Choice of Green Scene Choice of Fruit & Milk

Macaroni & Cheese V Italian Bread

31

FEATURED VEGGIES: Steamed Broccoli Choice of Green Scene Choice of Fruit & Milk

A Complete Lunch Includes the Following Components:

- Protein (Meat or Meat Alt.) 1.
- Grain 2.
- 3. Milk
- 4. Fruit
- Vegetable

Federal Guidelines require students take 3 out of the 5 components and 1 MUST be a fruit or vegetable to qualify as a Lunch

Weekly Alternate: VBlueberry Yogurt Parfait W/LF Vanilla Yogurt & Granola



Personal Pizza