



Academy of Nutrition and Dietetics

# March 2023

## Monroe Township Elementary Schools



Student Lunch	2.55
Reduced Price Lunch	0.00
Second Student Lunch	3.50
Adult Lunch	3.50
<a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a>	



**VEGETARIAN**  
POS QUESTIONS? 732-521-6042 Ext. 2041

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A Complete Lunch</b> Includes the Following Components: Protein, Grain, Milk, Fruit & Vegetable <i>Federal Guidelines require students take 3 of the 5 components 1 of which must be a fruit or vegetable.</i>	<b>Delivery Days</b> 3/7 AG & OT 3/14 ML & WL 3/21 BB & BS 	<b>1</b> <b>Mozzarella Sticks</b> ✓ W/ Marinara Sauce Italian Bread <b>FEATURED VEGGIES:</b> Sweet Peas Choice of Green Scene Choice of Fruit & Milk	<b>2</b> <b>Macaroni &amp; Cheese</b> ✓ Buttermilk Biscuit <b>FEATURED VEGGIES:</b> Steamed Broccoli Choice of Green Scene Choice of Fruit & Milk	<b>3</b> <b>Big Daddy Pizza</b> ✓ <b>FEATURED VEGGIES:</b> Green Beans Choice of Green Scene Choice of Fruit & Milk
<b>Alternate:</b> ✓ Bagel Bazaar Bagel W/ LF Cream Cheese & LF Yogurt & Cheese Stick		<b>Personal Pizza</b>		
<b>6</b> <b>Popcorn Chicken</b> Soft Pretzel Rod <b>FEATURED VEGGIES:</b> Steamed Corn Choice of Green Scene Choice of Fruit & Milk	<b>7</b> <b>Egg &amp; Cheese on a Croissant</b> ✓ <b>FEATURED VEGGIES:</b> Potato Triangles Green Scene Choice of Fruit & Milk 	<b>8</b> <b>Crunchy or Soft Shell Turkey Tacos</b> *Vegetarian Refried Beans also available ✓ <b>FEATURED VEGGIES:</b> Baked Beans Choice of Green Scene Choice of Fruit & Milk	<b>9</b> <b>NEW</b> <b>Cheesy Mozzarella Stuffed Bread Sticks</b> ✓ W/ Marinara dipping Sauce <b>FEATURED VEGGIES:</b> Green Beans Choice of Green Scene Choice of Fruit & Milk	<b>10</b> <b>Big Daddy Pizza</b> ✓ <b>FEATURED VEGGIES:</b> Steamed Broccoli Choice of Green Scene Choice of Fruit & Milk <b>Sticker Day!!</b>
<b>Alternate:</b> Hamburger (BEEF) or Cheeseburger (BEEF) on a Whole Wheat Bun		<b>Personal Pizza</b>		
<b>13</b> <b>Chicken Nuggets</b> Whole Grain Dinner Roll <b>FEATURED VEGGIES:</b> Carrot Coins Choice of Green Scene Choice of Fruit & Milk	<b>14</b> ✓ <b>Breaded Cheese Ravioli</b> W/ Marinara Sauce <b>FEATURED VEGGIE:</b> Sweet Peas Choice of Green Scene Choice of Fruit & Milk 	<b>15</b> <b>Pancakes</b> W/ Syrup ✓  Turkey Sausage <b>FEATURED VEGGIES:</b> Potato Triangles Choice of Green Scene Choice of Fruit & Milk	<b>16</b> <b>Cheese Quesadilla</b> W/ Salsa ✓ Shamrock Sugar Cookie <b>FEATURED VEGGIES:</b> Black Bean & Corn Salad Choice of Green Scene Choice of Fruit & Milk	<b>17</b> <b>HALF DAY</b> 
<b>Alternate:</b> ✓ Blueberry Yogurt Parfait W/ LF Vanilla Yogurt & Granola		<b>Personal Pizza</b>		
<b>20</b> <b>Popcorn Chicken</b> Soft Pretzel Rod <b>FEATURED VEGGIES:</b> Steamed Corn Choice of Green Scene Choice of Fruit & Milk	<b>21</b> <b>Toasted Cheese Sandwich</b> ✓ <b>FEATURED VEGGIES:</b> Tomato Soup Green Scene Choice of Fruit & Milk 	<b>22</b> <b>WAFFLE WEDNESDAY</b> <b>Mini Eggo Waffles</b> W/ Syrup ✓ Turkey Sausage <b>FEATURED VEGGIES:</b> Potato Triangles Choice of Green Scene Choice of Fruit & Milk	<b>23</b> <b>Mozzarella Sticks</b> ✓ W/ Marinara Sauce Italian Bread <b>FEATURED VEGGIES:</b> Sweet Peas Choice of Green Scene Choice of Fruit & Milk	<b>24</b> <b>Big Daddy Pizza</b> ✓ <b>FEATURED VEGGIES:</b> Baked Beans Choice of Green Scene Choice of Fruit & Milk
<b>Alternate:</b> ✓ Bagel Bazaar Bagel W/ LF Cream Cheese & LF Yogurt & Cheese Stick		<b>Personal Pizza</b>		
<b>27</b> <b>Bonless Chicken Wings</b> Whole Grain Dinner Roll <b>FEATURED VEGGIES:</b> Smile Face Fries Choice of Green Scene Choice of Fruit & Milk	<b>28</b> <b>NEW</b> <b>Sticks &amp; Stones</b> Breaded Ravioli & Mozzarella Stick Combo ✓ W/ Marinara Sauce <b>FEATURED VEGGIES:</b> Green Beans Choice of Green Scene Choice of Fruit & Milk	<b>29</b> <b>Crunchy or Soft Shell Turkey Tacos</b> *Vegetarian Refried  Beans also available ✓ <b>FEATURED VEGGIES:</b> Baked Beans Choice of Green Scene Choice of Fruit & Milk	<b>30</b> <b>Macaroni &amp; Cheese</b> ✓ Buttermilk Biscuit <b>FEATURED VEGGIES:</b> Steamed Broccoli Choice of Green Scene Choice of Fruit & Milk	<b>31</b> <b>NEW</b> <b>French Bread Pizza</b> ✓ <b>FEATURED VEGGIES:</b> Carrot Coins Choice of Green Scene Choice of Fruit & Milk
<b>Alternate:</b> Chicken Patty on a WW Bun		<b>Personal Pizza</b>		