

January Monroe Township 2022 High School



Main Plate

Meal Free to All Students

Second Student Lunch 3.30
Adult Lunch 3.30

POS Questions?

732-521-6042 Ext. 2041
www.myschoolbucks.com



VEGETARIAN OR VEGETARIAN
OPTION FOR THIS MEAL

*Frozen Grab & Go meals 1/3-1/7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 *Mozzarella Sticks w/Marinara Sauce Italian Bread Vegetable & Fruit Choice of Milk	4 *Toasted Cheese Sandwich French Fries Vegetable & Fruit Choice of Milk	5 *Cheese Pizza Vegetable & Fruit Choice of Milk	6 *Ravioli Marinara Italian Bread Vegetable & Fruit Choice of Milk	7 *Cheese Quesdilla Vegetable & Fruit Choice of Milk
10 Macaroni & Cheese w/Dinner Roll Vegetable & Fruit Choice of Milk	11 Chicken Nuggets w/ Dinner Roll & French Fries Vegetable & Fruit Choice of Milk	12 Cheese Quesadilla w/ Salsa Vegetable & Fruit Choice of Milk	13 Mozzarella Sticks w/ Marinara Sauce Italian Bread Vegetable & Fruit Choice of Milk	14 In-Service Day Half Day of School
17 School's Closed	18 Chicken & Waffle Day Chicken Tenders w/ Waffles, Syrup & Strawberries & French Fries Vegetable & Fruit Choice of Milk	19 Crunchy or Soft Shell Fiesta Tacos & Salsa *Vegetarian Refried Beans also available Vegetable & Fruit Choice of Milk	20 Gen Tso's Chicken Rice Broccoli Vegetable & Fruit Choice of Milk 	21 Cheese Quesadilla w/ Salsa Vegetable & Fruit Choice of Milk
24 Meatball Parmesan Sub Vegetable & Fruit Choice of Milk	25 Chicken Tenders w/ Dinner Roll & French Fries Vegetable & Fruit Choice of Milk	26 New: Hot Turkey & Provolone on Ciabatta Vegetable & Fruit Choice of Milk	27 Chicken & Cheese Quesadilla w/ Salsa Vegetable & Fruit Choice of Milk	28 Toasted Cheese Sandwich w/ Tomato Soup Vegetable & Fruit Choice of Milk
31 Macaroni & Cheese w/Dinner Roll Vegetable & Fruit Choice of Milk Local Pizzeria Pizza on Mondays 	<u>Help Wanted</u> We are now accepting applications for cafeteria substitutes. Please contact Cindy Sue 732-521-6042 Ext. 2042	Daily Alternate Meals: -Bagel Lunch w/ Cheese Sticks -Chicken Filet Sandwich -Spicy Chicken Filet Sandwich -Cold Deli Sandwiches -Pizza -Burgers/Cheeseburgers -C Cheese Steaks Hero	Cold Deli Sandwiches offered Daily weeks 1 thru 4 1 Chicken Chipotle Wrap 2 New: Chickpea Salad Wrap 3 Buffalo Chicken Wrap 4 Turkey & Cheese Sub	A complete lunch includes: Entrée (w/ protein/grain), students must select at least a serving of Fruit/Vegetable, Choice of Milk

"This institution is an equal opportunity provider."

MENU SUBJECT TO CHANGE