

# ENTRÉE

Student Paid Lunch	\$2.65
Reduced Price Lunch	\$ 0.00
Second Student Lunch	\$3.50
Adult Lunch	\$3.50

## Monroe Township High School OCTOBER 2022

POS Questions?  
732-521-6042 Ext. 2041  
[www.myschoolbucks.com](http://www.myschoolbucks.com)



VEGETARIAN OR VEGETARIAN  
OPTION FOR THIS MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Spaghetti &amp; Meatballs OR Mozzarella Cheese Garlic Bread Stick </p> <p><b>FEATURED VEGGIES:</b> Steamed Broccoli Green Scene Choice of Fruit &amp; Milk</p>	<p>4</p> <p><b>Half Day</b></p>	<p>5</p> <p><b>Schools Closed Yom Kippur</b></p>	<p>6</p> <p>Popcorn Chicken OR Cheese Mashed Potato Bowl </p> <p>Whole Wheat Dinner Roll <b>FEATURED VEGGIES:</b> Steam Corn Green Scene Choice of Fruit &amp; Milk</p>	<p>7</p> <p>Toasted Cheese  Sandwich Tomato Soup Du Jour <b>FEATURED VEGGIES:</b> Carrot Coins Green Scene Choice of Fruit &amp; Milk</p>
<p>10</p> <p><b>Schools Closed Columbus Day</b></p> 	<p>11</p> <p>General Tso Chicken Brown Rice <b>FEATURED</b> Steamed Broccoli  Green Scene Choice of Fruit &amp; Milk</p>	<p>12</p> <p>Mozzarella Sticks </p> <p>W/ Marinara Sauce WW Italian Bread <b>FEATURED VEGGIES:</b> Green Beans Green Scene Choice of Fruit &amp; Milk</p>	<p>13</p> <p>Buffalo Boneless Chicken Wings W/ Baked French Fries &amp; Whole Grain Dinner Roll <b>FEATURED VEGGIES:</b> Steamed Corn Green Scene Choice of Fruit &amp; Milk</p>	<p>14</p> <p>Cheese Quesadilla </p> <p>W/ Salsa <b>FEATURED VEGGIES:</b> Baked Beans Green Scene Choice of Fruit &amp; Milk</p>
<i>National School Lunch Week October 10-14</i>				
<p>17</p> <p>Macaroni &amp; Cheese WW Italian Bread </p> <p><b>FEATURED VEGGIES:</b> Steamed Peas Green Scene Choice of Fruit &amp; Milk</p>	<p>18</p> <p>Chicken Tenders W/ Baked French Fries Whole Grain Dinner Roll <b>FEATURED VEGGIES:</b> Steamed Corn Green Scene Choice of Fruit &amp; Milk</p>	<p>19</p> <p>Crunchy or Soft Shell Fiesta Tacos *Vegetarian Refried Beans also available </p> <p><b>FEATURED VEGGIES:</b> Baked Beans Choice of Green Scene Choice of Fruit &amp; Milk</p>	<p>20</p> <p>Mozzarella Sticks </p> <p>W/ Marinara Sauce WW Italian Bread <b>FEATURED VEGGIES:</b> Green Beans Green Scene Choice of Fruit &amp; Milk</p>	<p>21</p> <p>Hot Ham &amp; Cheese on a Bagel W/ Tomato Soup Du Jour <b>FEATURED VEGGIES:</b> Carrot Coins Green Scene Choice of Fruit &amp; Milk</p>
<p>24</p> <p><b>Schools Closed Diwali Staff Full Day In-Service</b></p>	<p>25</p> <p>General Tso Chicken Brown Rice <b>FEATURED</b> Steamed Broccoli  Green Scene Choice of Fruit &amp; Milk</p>	<p>26</p> <p>Cheese Quesadilla </p> <p>W/ Salsa <b>FEATURED VEGGIES:</b> Baked Beans Green Scene Choice of Fruit &amp; Milk</p>	<p>27</p> <p>Buffalo Boneless Chicken Wings Baked French Fries Whole Grain Dinner Roll <b>FEATURED VEGGIES:</b> Steamed Corn Green Scene Choice of Fruit &amp; Milk</p>	<p>28</p> <p>Toasted Cheese  Sandwich W/ Tomato Soup Du Jour <b>FEATURED VEGGIES:</b> Carrot Coins Green Scene Choice of Fruit &amp; Milk</p>
<p>Happy Halloween! 31</p> <p>Pasta &amp; Meatballs OR Mozzarella Cheese Garlic Bread Stick </p> <p><b>FEATURED VEGGIES:</b> Steamed Broccoli  Green Scene Choice of Fruit &amp; Milk</p>	<p><b>Fresh &amp; Local Pizzeria Pizza Every Monday!</b></p> 	<p>Each Lunch Includes A serving at the green scene, where you may make a side salad and find fresh fruit &amp; veggies.</p> 	<p><b>A Complete Lunch Includes the Following Components:</b></p> <ol style="list-style-type: none"> <li>1. Protein (Meat or Meat Alt.)</li> <li>2. Grain</li> <li>3. Milk</li> <li>4. Fruit</li> <li>5. Vegetable</li> </ol> <p>Federal Guidelines require students must take 3 out of the 5 components and 1 MUST be a fruit or vegetable to qualify as a</p>	