

January Monroe Township

2022 Middle 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

***1/5-1/7 Frozen Meals to Go**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 *Toasted Cheese Sandwich w/Tomato Soup Vegetable & Fruit Milk	4 *Chicken Tenders w/ Dinner Roll French Fries Vegetable & Fruit Milk	5 *Mozzarella Cheese Sticks w/ Dinner Roll Vegetable & Fruit Milk	6 Bagel & Yogurt Lunch w/ Cheese Sticks Vegetable & Fruit Milk	7 Big Daddy's Pizza Vegetable & Fruit Milk
10 Pasta w/ Meatballs Or Cheese w/Dinner Roll Vegetable & Fruit Choice of Milk	11 Chicken Tenders w/ Dinner Roll & French Fries Vegetable & Fruit Choice of Milk	12 Cheese Quesadilla w/ Salsa Vegetable & Fruit Choice of Milk	13 Egg & Cheese on a Croissant 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 Vegetable & Fruit Choice of Milk	19 Crunchy or Soft Shell Fiesta Tacos & Salsa *Vegetarian Refried Beans also available Vegetable & Fruit	20 Toasted Cheese Sandwich w/ Tomato Soup Vegetable & Fruit Choice of Milk	21 Chicken Fajita Bowl w/ Peppers and Onions Over Brown Rice Vegetable & Fruit Choice of Milk
24 Pasta w/ Meatballs or with Cheese Dinner Roll Vegetable & Fruit Choice of Milk	25 Chicken Tenders w/ Dinner Roll & French Fries Vegetable & Fruit Choice of Milk	26 Cheese Quesadilla w/ Salsa Vegetable & Fruit Choice of Milk	27 Gen Tso's Chicken Rice Dinner Roll Vegetable & Fruit Choice of Milk	28 Macaroni & Cheese Dinner Roll Vegetable & Fruit Choice of Milk
31 Mozzarella Sticks w/Marinara Sauce 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 -Cheese Steaks Hero	Cold Deli Sandwiches offered Daily Turkey & Cheese Sub New: Chickpea Salad Wrap Buffalo Chicken Wrap Chicken Chipotle Wrap	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