

# OCTOBER Monroe Township 2022 Middle School



Student Lunch	\$2.60
Reduced Price Lunch	\$0.00
Second Student Lunch	\$3.50
Adult Lunch	\$3.50

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



VEGETARIAN OR VEGETARIAN  
OPTION FOR THIS MEAL

## Main Plate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><b>Chicken Tenders</b> W/ Dinner Roll <b>FEATURED VEGGIES:</b> French Fries 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><b>General Tso Chicken</b> Brown Rice <b>FEATURED VEGGIES:</b> Steamed Broccoli Green Scene Choice of Fruit &amp; Milk</p> 	<p>7</p> <p><b>Macaroni &amp; Cheese</b> WW Bread Stick <b>FEATURED VEGGIES:</b> Green Beans Green Scene Choice of Fruit &amp; Milk</p>
<p>10</p> <p><b>Schools Closed Columbus Day</b></p> 	<p>11</p> <p><b>Mozzarella Sticks</b>  W/ Marinara Sauce WW Italian Bread <b>FEATURED VEGGIES:</b> Carrot Coins Green Scene Choice of Fruit &amp; Milk</p>	<p>12</p> <p><b>Spiral Pasta &amp; Beef Meatballs OR Mozzarella Cheese</b> Garlic Bread Stick <b>FEATURED VEGGIES:</b> Steamed Broccoli Green Scene Choice of Fruit &amp; Milk</p>	<p>13</p> <p><b>NEW Buffalo Boneless Chicken Wings</b> Whole Grain Dinner Roll <b>FEATURED VEGGIES:</b> Baked French Fries Green Scene Choice of Fruit &amp; Milk</p>	<p>14</p> <p><b>Cheese Quesadilla</b> w/Salsa  <b>FEATURED VEGGIES:</b> Baked Beans Green Scene Choice of Fruit Choice of Milk</p>
<i>National School Lunch Week October 10-14</i>				
<p>17</p> <p><b>Popcorn Chicken</b> Pretzel Rod <b>FEATURED VEGGIES:</b> Green Beans Green Scene Choice of Fruit &amp; Milk</p>	<p>18</p> <p><b>Toasted Cheese Sandwich</b>  <b>FEATURED VEGGIES:</b> Tomato Soup Green Scene Choice of Fruit &amp; Milk</p>	<p>19</p> <p> <b>Sweet Baby Rays BBQ Chicken</b> W/ Dinner Roll <b>FEATURED VEGGIES:</b> French Fries Green Scene Choice of Fruit &amp; Milk</p>	<p>20</p> <p><b>Crunchy or Soft Shell Turkey Tacos</b> <b>*Vegetarian Refried Beans also available</b>  <b>FEATURED VEGGIES:</b> Baked Beans Green Scene Choice of Fruit &amp; Milk</p> 	<p>21</p> <p><b>NEW Breaded Cheese Raviolis</b>  W/ Marinara Sauce <b>FEATURED VEGGIES:</b> Sweet Peas 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><b>Mozzarella Sticks</b>  W/ Marinara Sauce WW Italian Bread <b>FEATURED VEGGIES:</b> Carrot Coins Green Scene Choice of Fruit &amp; Milk</p>	<p>26</p> <p><b>BBQ Pulled Pork Sandwich on a WW Bun</b> <b>FEATURED VEGGIES:</b> Baked Beans Green Scene Choice of Fruit &amp; Milk</p> 	<p>27</p> <p><b>General Tso Chicken</b> Brown Rice <b>FEATURED VEGGIES:</b> Steamed Broccoli Green Scene Choice of Fruit &amp; Milk</p> 	<p>28</p> <p><b>Egg &amp; Cheese on a Crossaint</b>  <b>FEATURED VEGGIES:</b> Potato Triangles Green Scene Choice of Fruit &amp; Milk</p>
<p>HAPPY HALLOWEEN 31</p> <p><b>Chicken Nuggets</b> Pumpkin Cookie <b>FEATURED VEGGIES:</b> Steamed Corn Green Scene Choice of Fruit &amp; Milk</p> 	<p><b>Local Pizzeria Pizza Every Wednesday!</b></p> 	<p>Each Lunch includes a serving at the <b>Green Scene</b>, where you may take a side salad, fresh fruit &amp; veggies.</p> 	<p><b>A Complete Lunch Includes:</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 veg. to qualify as a Lunch</p>	

USDA is an equal opportunity provider and employer.

**MENU SUBJECT TO CHANGE**