

SEPTEMBER East Hanover

Middle School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetable of
the Month



Fruit of
the Month

7	8	9	10	11
	Pasta w/ Meatballs Pasta w/ Marinara Sauce & Cheese (V) Muffin Bento Box w/ Yogurt & Apple (V)	All-Beef Hot Dog on a Bun w/ Tater Tots Chicken Nuggets w/ Tater Tots & a Dinner Roll	Pizza Calzone w/ Fries (V) Smoothie Bento Box w/ Animal Crackers (V) Muffin Bento Box w/ Yogurt & a Juice Box (V)	PIZZA DAY! Pizza Parlor Pizza (V)

Weekly Alternate - Pizza Crunchers (V)

14	15	16	17	18
Baked Ziti w/ Garlic Bread(V) All-Beef Hot Dog on a Bun w/ Tater Tots Muffin Bento Box w/ Yogurt & Apple (V)	TACO TUESDAY Chicken Tacos w/ Rice Pepperoni Stromboli Muffin Bento Box w/ Yogurt & a Juice Box (V)	Meatball Hero Pancakes & Syrup (V) Muffin Bento Box w/ Yogurt & Apple (V)	BEE DAY! Toasted Bread topped w/ Ricotta, Fresh Basil & Local Honey (V) Chicken Nuggets w/ a Roll & Corn	 PIZZA DAY! Pizza Parlor Pizza (V)

Weekly Alternate – Mozzarella Sticks w/ Marinara Sauce (V)

21	22	23	24	25
No School	Cheese Quesadilla w/ Tater Tots (V) Popcorn Chicken Bowl w/ Mashed Potatoes & Gravy	Macaroni & Cheese w/ Peas & Carrots & a Dinner Roll (V) Muffin Bento Box w/ Yogurt & a Juice Box (V)	Pasta w/ Meatballs Pasta w/ Marinara Sauce & Cheese (V) Muffin Bento Box w/ Yogurt & Apple (V)	PIZZA DAY! Pizza Parlor Pizza (V)

Weekly Alternate – Build-A-Pizza Bento Box (V)

28	29	30
Chicken Nuggets w/ a Roll & Mixed Veggies Grilled Cheese Sandwich w/ Cucumber Slices	Hamburger or Cheeseburger on a Bun served w/ Tater Tots Fresh Peach Yogurt Parfait (V)	Taco Bento Box w/ Seasoned Beef, Scoops Chips & Cheddar Cheese Pancakes w/Syrup & an Apple (V)

Weekly Alternate – Grilled Cheese Sandwich (V)

Available Daily (Includes choice of sides)

- All-White Meat Chicken Tenders
- Chicken Caesar Salad
- Chef's Salad
- Bagel Bag w/ Yogurt & Cream Cheese or Butter (V)
- Parfaits (V)
- Chicken Sandwich
- Choice of Deli Sandwich
- Pizzeria Pizza

A Complete Meal Includes:

Entrée w/ Protein/Grain
A Trip to The Farm Stand

(V) = Vegetarian

Menu Items Subject to Change

Sides Available Daily (Includes choices from the Farm Stand)

- Fresh Fruit from The Farm Stand
- Fresh Vegetables from The Farm Stand
- Baby Carrots
- Apple Slices
- Pretzels
- Cheese Sticks