



SEPTEMBER ROCHELLE PARK

2019 Midland School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div style="border: 1px solid green; padding: 5px; text-align: center;"> Fruits & vegetables from The Farm Stand are included with lunch. </div>		
			Pasta with Meatballs & Sliced Italian Bread	Pizzeria Pizza
<div style="border: 1px solid orange; padding: 5px;"> Weekly Alternate: Baked Chicken Nuggets with a Roll </div>				
Popcorn Chicken with Dip & a Roll	Sweet & Sour Chicken over Rice with Broccoli	All-Beef Hot Dog on a Bun with Oven-Baked Fries	Pasta with Meatballs & Sliced Italian Bread	Pizzeria Pizza
<div style="border: 1px solid orange; padding: 5px;"> Weekly Alternate: All-White Meat Chicken Tenders with a Dinner Roll </div>				
Mini Eggo Waffles with Syrup, Scrambled Eggs & Potato Tots	Baked Mozzarella Sticks with Marinara Sauce	Cheeseburger on a Bun	Pasta with Meatballs & Sliced Italian Bread	Pizzeria Pizza
<div style="border: 1px solid orange; padding: 5px;"> Weekly Alternate: Chicken Patty on a Bun </div>				
Fresh Pasta Day! Freshly Made Pasta with Choice of Sauce & Garlic Bread	Nachos Grande with Turkey Taco Meat, Brown Rice & Scoops Chips	LUCKY STICKER DAY Cheesesteak Hero with Oven-Baked Fries Winners Receive Free Snack	Pasta with Meatballs & Sliced Italian Bread	Pizzeria Pizza
<div style="border: 1px solid green; padding: 5px;"> Jersey Fresh Farm to School Week </div>		<div style="border: 1px solid orange; padding: 5px;"> Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll </div>		
Pancakes with Syrup, Scrambled Eggs & Potato Tots				
<div style="border: 1px solid orange; padding: 5px;"> Weekly Alternate: Popcorn Chicken with Dip & a Roll </div>		<div style="border: 1px solid green; padding: 5px;"> Locally Grown Bartlett Pears </div>		<div style="border: 1px solid green; padding: 5px;"> Locally Grown Beets </div>

ALSO AVAILABLE DAILY

SALAD LUNCH (each salad includes a Whole Wheat Dinner Roll)

Garden Salad with Grilled Chicken
Tuna Salad over Greens

BAGEL MEAL

Bagel, Low-Fat Cheese Sticks & a Trip to The Farm Stand

YOGURT LUNCH

4 oz. Yogurt, Cheese Stick, Heartzel Pretzels, Bread & a Trip to The Farm Stand

DELI SANDWICH

Made-to-Order Deli Bar with choice of Meats, Cheeses & Rolls



At least 50% of All Grains served w/ your meal are Whole Grain Rich

A Complete Lunch Includes:

Entrée (with Protein/Grain)

Trip to The Farm Stand
(students must select at least a serving of fruit or vegetable)

Milk Choice: 1% White, Skim, or Non-Fat Chocolate

Menu Subject to Change

Your comments are important to us. Please e-mail us at comments@pomptonian.com

"This institution is an equal opportunity provider."