



SEPTEMBER 2019

ROCHELLE PARK Pre-K Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY LABOR DAY 2	 3	4	Pasta with Meatballs, Sliced Italian Bread & Peas 5	Pizzeria Pizza with Tossed Salad 6
Popcorn Chicken with Dip, a Roll & Baby Carrots 9 Weekly Alternate: All-White Meat Chicken Tenders with a Dinner Roll	Sweet & Sour Chicken over Rice with Broccoli 10	All-Beef Hot Dog on a Bun with Oven-Baked Fries 11	Pasta with Meatballs, Sliced Italian Bread & Steamed Broccoli 12 Weekly Alternate: Baked Chicken Nuggets with a Roll	Pizzeria Pizza with Marinated Garbanzo Beans 13
Mini Eggo Waffles with Syrup, Scrambled Eggs & Potato Tots 16	Baked Mozzarella Sticks with Marinara Sauce & Red Pepper Strips 17	Cheeseburger on a Bun with Carrot Sticks 18	Pasta with Meatballs, Sliced Italian Bread & Peas 19 Weekly Alternate: Chicken Patty on a Bun	Pizzeria Pizza with Tossed Salad 20
Fresh Pasta Day! Freshly Made Pasta with Choice of Sauce & Garlic Bread 23	Nachos Grande with Turkey Taco Meat, Brown Rice, Scoops Chips & Corn 24 Jersey Fresh Farm to School Week	Cheesesteak Hero with Oven-Baked Fries 25	Pasta with Meatballs, Sliced Italian Bread & Steamed Broccoli 26 Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll	Pizzeria Pizza with Marinated Garbanzo Beans 27
Pancakes with Syrup, Scrambled Eggs & Potato Tots 30 Weekly Alternate: Popcorn Chicken with Dip & a Roll				

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 & Fruit & Vegetable Selections

YOGURT LUNCH

4 oz. Yogurt, Cheese Stick, Hartzel Pretzels, Bread & Fruit & Vegetable Selections



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

A Complete Lunch Includes:
 Entrée (with Protein/Grain)
Fruit & Vegetable Selections
 Milk Choice: 1% White or Skim

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."

