



OCTOBER 2021 Manalapan Englishtown Elementary Schools



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|----------------------|
| | | | | 1 Pizzeria Pizza |
| Weekly Alternate: PizzaBoli | | | | |
| 4 All-White Meat Chicken Tenders w/ a Split Top Dinner Roll | 5 Pizza Crunchers | 6 Cheesesteak Hero | 7 Sweet & Sour Chicken w/ Vegetable Fried Rice | 8 Pizzeria Pizza |
| National School Lunch Week | | | | |
| Weekly Alternate: Pizza Quesadilla | | | | |
| 11 School Closed | 12 Macaroni & Cheese w/ a Split Top Dinner Roll | 13 Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops | 14 Cinnamon-Glazed French Toast Sticks | 15 Pizzeria Pizza |
| Weekly Alternate: Chicken Patty on a Bun | | | | |
| 18 Chicken Patty on a Bun | 19 Breaded Mozzarella Sticks | 20 Meatball Hero | 21 Popcorn Chicken Split Top Dinner Roll | 22 Pizzeria Pizza |
| Weekly Alternate: Grilled Cheese Sandwich | | | | |
| 25 Chicken Nuggets w/ a Split Top Dinner Roll | 26 100% Beef Burger or Cheeseburger on a Bun | 27 Cinnamon-Glazed French Toast Sticks | 28 CELEBRATE HALLOWEEN! Mummy Hot Dog w/ Ghostly Potato Tots | 29 Pizzeria Pizza |
| Weekly Alternate: Pizza Crunchers | | | | |

Also Available Daily:

- Bagel Lunch w/ a Cheese Sticks
- Grilled Chicken Caesar Salad w/ a Roll
- Chef's Salad: Tossed Greens w/ Turkey, Ham & Cheese

Sandwiches

- Assorted Boar's Head Sandwiches
- Tuna Sandwich



Locally Grown Peas



A Complete Lunch Includes:

- Entrée (with Protein/Grain)
- Trip to The Farm Stand** (students must select at least a serving of fruit or vegetable)
- Hormone-Free Milk
- Menu Subject to Change**

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



Free meals for all students*



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

FOOD ALLERGIES

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

"This institution is an equal opportunity provider."