

Welcome to our Lunch Cafe at...

Middletown Elementary Schools

October 2019

Monday



Tuesday

Wednesday

Thursday

Friday

1	Chicken Cheese Quesadilla Cheeseburger Steamed Carrots Tomato Salad Fresh Pear Apple 100% Juice	2	Whole Grain Waffles with Sausage Turkey Burger Crispy Potato Puffs Fresh Baby Carrots Sliced Peaches Fresh Apple	3	Philly Cheese Steak Crispy Chicken Sandwich Sweet Potato Fries Cucumber Coins 100% Juice Fruit Punch Fresh Orange	4	Classic Cheese Pizza Pepperoni Pizza Mixed Vegetables Chickpea Salad Fresh Banana Organic Applesauce Valentino's Pizza Day! Bayview Elementary School
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Weekly Cold Specials: Hummus & Veggie Garden Salad - Simply Boxed Pizza Pack (Pita, Mozzarella Cheese, Pepperoni & Pizza Sauce)

7	Homemade Mac & Cheese Baked Chicken Tenders With Dinner Rolls Steamed Broccoli Fresh Baby Carrots Organic Applesauce Fresh Pear Weekly Cold Specials: Yogurt Parfait Lunch - Boar's Head
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8	Nachos Grande Cheese Quesadilla Fiesta Corn Tomato Salad Fresh Apple Apple Grape 100% Juice
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9	Schools Closed Turkey & Cheese Sandwich
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10	General Tso's Chicken Or Crispy Popcorn Chicken Steamed Broccoli Edamame Fresh Apple Sliced Peaches
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11	Classic Cheese Pizza Pepperoni Pizza Green Beans Cinnamon & Honey Roasted Beans Homemade Peach Cobbler Fresh Banana Valentino's Pizza Day! Fairview & Leonardo Elementary School
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14	Schools Closed Weekly Cold Specials:
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15	Soft Tacos Cheeseburger Sweet Corn Cucumber Coins Fresh Banana Fresh Apple
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16	Whole Grain French Toast Slices Turkey Burger Crispy Potato Puffs Fresh Baby Carrots Pineapple Cup Fresh Orange
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17	BBQ Chicken Sauce & Toss Or Crispy Popcorn Chicken With Dinner Rolls Steamed Broccoli Garden Salad Fresh Pear Apple 100% Juice
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18	Classic Cheese Pizza Pepperoni Pizza Celery Sticks Organic Applesauce Fresh Orange Valentino's Pizza Day! Harmony Elementary School
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Weekly Cold Specials: Crispy Chicken Salad - Simply Boxed Waffle Bites (Belgian waffle bites, yogurt, Simbutter, fresh fruit)

21	Homemade Baked Pasta with Cheese Baked Chicken Tenders With Dinner Rolls Cajun Roasted Broccoli Fresh Baby Carrots Cinnamon Applesauce Fresh Pear Weekly Cold Specials: Garden Salad w/ Cheese - Boar's Head
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22	Nachos Grande Cheeseburger Fiesta Corn Tomato Salad Fresh Apple Fresh Banana
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23	Fluffy Whole Grain Pancakes Turkey Burger Crispy Potato Puffs Celery Sticks Fresh Orange Pear and Pineapple Cup
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24	BLT Burger Crispy Chicken Sandwich Sweet Potato Fries Red Pepper Strips Fresh Apple 100% Juice Fruit Punch
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25	Classic Cheese Pizza Pepperoni Pizza Green Beans Chickpea Salad Fresh Banana Blueberry Cobbler Valentino's Pizza Day! Lincroft & Village Elementary School
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Weekly Cold Specials: Ham & Cheese Sub

28	Cheesy Stuffed Bread Sticks Baked Chicken Tenders With Dinner Rolls Steamed Broccoli Fresh Baby Carrots Organic Applesauce Weekly Cold Special: Chicken Caesar Salad - Simply Boxed Pizza Pack
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29	Meatball Hero Cheeseburger Steamed Carrots Tomato Salad Fresh Pear Apple 100% Juice
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30	Whole Grain Waffles with Sausage Turkey Burger Crispy Potato Puffs Fresh Baby Carrots Sliced Peaches Fresh Apple
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31 Mummy Dogst Beef hot dogs wrapped & baked in a crusty dough
 Crispy Chicken Sandwich
 Baked Beans
 Fresh Oranges

Whitson's proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our new mobile menu at www.FDMealPlanner.com or download FD Meal Planner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Meal Price: \$3.00 Paid, \$0.40 Reduced, \$0.00 Free
 Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & grain choice.
 Students must take a fruit, fruit juice or veggie to complete their meal.

Available Daily
 Muffin Pack Lunch served with cheese stick, applesauce cup or fresh fruit
 Bagel Bag Lunch served with yogurt, cheese stick & fruit or vegetable choice
 Whole Grain Reduced Sugar Cereal Lunch served with milk and fresh fruit choice
 Weekly sandwich item is made with Boar's Head deli meat
 Weekly salad item is served with a whole grain roll
 Milk Available Daily: 1% white, skim, skim chocolate, skim strawberry

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.