

# SCOTCH PLAINS-FANWOOD BOARD OF EDUCATION ELEMENTARY SCHOOL MENU





For Week of December 7, 2009

DAILY SELECTION (H1) or (H2)

Available Daily

**MONDAY**  
DEC 7  
H1 - Baked Mozzarella Sticks w/Dipping Sauce & Assorted Bread  
OR  
H2 - Garden Burger w/Cheese on a Whole Wheat Bun  
Vegetable Medley  
Chilled Fruit Cocktail w/Lite Syrup

 **PEANUT BUTTER & JELLY SANDWICH (P)**


**BAGEL LUNCH (B)**   
Fresh bagel with cream cheese, cheese cubes, fruit selection, vegetable, and milk


**TUESDAY**  
DEC 8  
H1 - Baked Popcorn Chicken w/Whole Wheat Roll  
OR  
H2 - Cheese Burger on a Whole Wheat Bun  
Mixed Vegetables  
Fresh Fruit Basket



**CEREAL LUNCH (CB)**  
Cheerios, cheese cubes, fruit selection, vegetable, and milk


**WEDNESDAY**  
DEC 9  
H1 - Nachos Grande w/Turkey Taco, Shredded Lettuce, Cheddar Cheese & Chips  
OR  
H2 - Grilled Chicken w/Roasted Veggies in a Whole Wheat Pita  
Vegetable Medley w/Rice  
Pineapple Orange Juice

**DELI SPECIAL (D)**  
Italian Sub 

**YOGURT LUNCH (Y)**  
8-ounce blueberry yogurt, baby carrots w/lite dressing, fruit and roll 

**LUCKY STICKER DAY**

**THURSDAY**  
DEC 10 OR  
H1 - Cheese Burger on a Bun  
H2 - Cheesesteak Sandwich on a Whole Wheat Bun  
Baked Potato Tots  
Chilled Pineapple in Natural Juice  
**WINNERS RECEIVE A FREE SNACK**

**CHEF SALAD (C)**  
Tossed greens with turkey, turkey ham and cheese with roll 

**FRIDAY**  
DEC 11 OR  
H1 - Individual 5" Pizzas  
H2 - Penne Pasta w/Meat Sauce & a Whole Wheat Roll  
Baby Carrots & Celery Sticks w/Lite Dressing  
Fresh Variety of Fruit

**PEANUT FREE (PF)**

**All meals include a milk selection**  
Choice of Milk Available:  
2%, Skim, 1% Low-Fat Chocolate

*Cut at this line and keep the above menu portion for your reference.*



To order lunches for the week, mark the order form below and return it to school **on Wednesday Dec. 2<sup>nd</sup>** with your payment of either cash or check payable to: SCOTCH PLAINS-FANWOOD BOARD OF EDUCATION. If a student is sick on a day lunch was ordered, credit may be arranged if you call your child's school before 9:00 a.m. and request cancellation. It is important to go over the menu with your child. **Mark whichever menu selection your child desires in the boxes below:**

Coles 757-7555 op.3

(H1) for the first Daily Hot Selection      (H2) for second Daily Hot Selection      (B) for Bagel Lunch      (CB) Cereal Lunch  
(P) for Peanut Butter & Jelly Sandwich      (D) for Deli Special      (Y) for Yogurt Lunch      (C) for Chef Salad      (PF) for Peanut Free

DAY	LUNCH SELECTION
MON 7	
TUE 8	
WED 9	
THU 10	
FRI 11	
TOTAL AMOUNT	\$

Bread Basket Available Daily  
Fresh Fruit Basket Available Daily  
Menu Subject to Change

AMOUNT OF DAYS	FULL PAID PRICES	REDUCED PRICES
1	\$2.00	\$.40
2	\$4.00	\$.80
3	\$6.00	\$1.20
4	\$8.00	\$1.60
5	\$10.00	\$2.00

STUDENT'S NAME \_\_\_\_\_

TEACHER/GRADE \_\_\_\_\_

SCHOOL \_\_\_\_\_

**NOTE TO FREE LUNCH RECIPIENTS:** If you plan to participate in the lunch program, you **must** fill out and return this form.