



SEPTEMBER SCOTCH PLAINS-FANWOOD

2019 Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div style="border: 1px solid green; padding: 5px;">Fruits & vegetables from The Farm Stand are included with lunch.</div>			
2 HAPPY LABOR DAY	3	4	5 Pancakes w/ Syrup & an Egg Patty	6 Nachos Grande w/ Seasoned Taco Meat, Lettuce & Scoops Chips
		Weekly Alternate: Baked Mozzarella Sticks w/ Marinara Sauce		
9 Popcorn Chicken w/ a Roll	10 All-Beef Hot Dog on a Bun w/ Sweet Potato Fries	11 Pizzeria Pizza at Coles & McGinn Wild Wing Wednesday - Boneless Chicken in BBQ Wing Sauce w/ a Roll at Brunner, Evergreen & School One	12 Pizzeria Pizza at Brunner, Evergreen & School One Wild Wing Wednesday - Boneless Chicken in BBQ Wing Sauce w/ a Roll at Coles & McGinn	13 French Toast Sticks w/ an Egg Patty
Weekly Alternate: Lasagna Roll-Up w/ Garlic Bread				
16 Baked Macaroni & Cheese w/ a Dinner Roll	17 Cheeseburger on a Bun w/ Tater Tots  My Plate Fruit & Veggie Sticker w/Lunch	18 Pizzeria Pizza at Coles & McGinn Waffles w/ Syrup & a Sausage Patty at Brunner, Evergreen & School One	19 Pizzeria Pizza at Brunner, Evergreen & School One Waffles w/ Syrup & a Sausage Patty at Coles & McGinn	20 Chicken Tenders w/ Oven Fries
Weekly Alternate: Cheese Pierogi w/ a Dinner Roll				
23 Baked Chicken Nuggets w/ a Dinner Roll & Sweet Potato Fries	24 Nachos Grande w/ Seasoned Taco Meat, Lettuce & Scoops Chips	25 Pizzeria Pizza at Coles & McGinn Pasta w/ Meatballs & Garlic Bread at Brunner, Evergreen & School One	26 Back To School Night Single Session	27 Pizzeria Pizza at Brunner, Evergreen & School One Pasta w/ Meatballs & Garlic Bread at Coles & McGinn
Weekly Alternate: Pizza Cruncher w/ a Dinner Roll				
30 Rosh Hashanah - No School				
Weekly Alternate: Baked Macaroni & Cheese w/ a Dinner Roll				



Locally Grown Veggie of the Month

ALSO AVAILABLE DAILY

- SALAD LUNCH** (each salad includes Sliced French Bread)
Hummus Platter w/ Whole Grain Pita Chips & a Hard-Boiled Egg
Grilled Chicken Delight Platter w/ Cheddar Cheese Cubes & Heartzel Pretzels
- BAGEL MEAL**
Bagel w/ Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand
- CEREAL LUNCH**
Cereals, Low-Fat Cheese Sticks, Heartzels Pretzels & a Trip to The Farm Stand
- YOGURT LUNCH**
6 oz. Yogurt, Cheese Stick, Heartzels Pretzels, Bread & a Trip to The Farm Stand
- DELI SANDWICH**



Locally Grown Fruit of the Month

A Complete Lunch Includes:
 Entrée (w/ Protein/Grain)
Trip to The Farm Stand
 Milk Choice: 1% White, Skim, Non-Fat Chocolate, or Non-Fat Strawberry
Menu Subject to Change
 Your comments are important to us. Please e-mail us at comments@pomptonian.com

- Week 1: Turkey & Cheese on a Wrap w/ Lettuce & Tomato
- Week 2: Italian Mini Hero w/ Ham, Salami, Provolone Cheese, Lettuce & Tomato
- Week 3: Ham & Cheese on a Kaiser Roll w/ Lettuce & Tomato
- Week 4: Turkey Breast on a Kaiser Roll w/ Lettuce & Tomato
- Week 5: Tuna on a Kaiser Roll w/ Lettuce & Tomato

Questions? Contact the Food Service Director at cafeteria@spfk12.org or 908-889-7333