




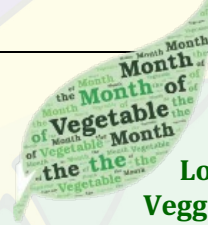
# SEPTEMBER

## SCOTCH PLAINS-FANWOOD

### 2019 Elementary Schools



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

Cheerios, 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

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



#### 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](mailto:comments@pomptonian.com)

**Questions?** Contact the Food Service Director at [cafeteria@spfk12.org](mailto:cafeteria@spfk12.org) or 908-889-7333