









OCTOBER SCOTCH PLAINS-FANWOOD

2019 Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Locally Grown Pumpkins 	 Rosh Hashanah - No School	Fruits & vegetables from The Farm Stand are included with lunch.	NATIONAL FARM to SCHOOL MONTH 	
1	2	3	4	
Weekly Alternate: Baked Macaroni & Cheese w/ a Dinner Roll	Pizzeria Pizza at Coles & McGinn Baked Mozzarella Sticks w/ Marinara Sauce at Brunner, Evergreen & School One	Pizzeria Pizza at Brunner, Evergreen & School One Baked Mozzarella Sticks w/ Marinara Sauce at Coles & McGinn	All-Beef Hot Dog on a Bun	
7	8	9	10	11
Chicken Sliders on Buns Weekly Alternate: Cheese Ravioli w/ Tomato Basil Sauce & Garlic Bread	Pizza Crunchers w/ a Dinner Roll	Yom Kippur - No School	Pizzeria Pizza at Coles & McGinn French Toast Sticks w/ a Sausage Patty at Brunner, Evergreen & School One	Pizzeria Pizza at Brunner, Evergreen & School One French Toast Sticks w/ a Sausage Patty at Coles & McGinn
14	15	16	17	18
COLUMBUS DAY No School	Nachos Grande w/ Seasoned Taco Meat, Lettuce & Scoops Chips Weekly Alternate: Baked Mozzarella Sticks w/ Marinara Sauce	Pizzeria Pizza at Coles & McGinn Meatball Parmesan on a Roll at Brunner, Evergreen & School One National School Lunch Week	Pizzeria Pizza at Brunner, Evergreen & School One Meatball Parmesan on a Roll at Coles & McGinn	Baked Macaroni & Cheese w/ a Dinner Roll I Love Reading Bookmark w/ Lunch 
21	22	23	24	25
Popcorn Chicken w/ a Roll Weekly Alternate: Lasagna Roll-Up w/ Garlic Bread	All-Beef Hot Dog on a Bun w/ Sweet Potato Fries	Pizzeria Pizza at Coles & McGinn Wild Wing Wednesday - Boneless Chicken in BBQ Wing Sauce w/ a Roll at Brunner, Evergreen & School One	Pizzeria Pizza at Brunner, Evergreen & School One Wild Wing Wednesday - Boneless Chicken in BBQ Wing Sauce w/ a Roll at Coles & McGinn	French Toast Sticks w/ an Egg Patty
28	29	30	31	
Baked Macaroni & Cheese w/ a Dinner Roll Weekly Alternate: Cheese Pierogi w/ a Dinner Roll	Cheeseburger on a Bun w/ Tater Tots	Pizzeria Pizza at Coles & McGinn Waffles w/ Syrup & a Sausage Patty at Brunner, Evergreen & School One	HALLOWEEN Pizzeria Pizza at Brunner, Evergreen & School One Waffles w/ Syrup & a Sausage Patty at Coles & McGinn Free Whole Grain Pumpkin-Shaped Cookie	 Locally Grown Honeycrisp Apples

ALSO AVAILABLE DAILY

SALAD LUNCH

Chicken Caesar Salad: Tossed Greens w/ Sliced Chicken & Caesar Dressing
Fruit & Cheese over Greens served w/ Pretzels

BAGEL & YOGURT LUNCH

Bagel w/ Cream Cheese, 6 oz. Yogurt & a Trip to The Farm Stand

CEREAL LUNCH

Cheerios, Low-Fat Cheese Sticks, Heartzels Pretzels & a Trip to The Farm Stand

BENTO BOX

Week 1: Asian Delight: Noodle Salad w/ Broccoli, Red Peppers & Edamame topped w/ Chicken served w/ a Fortune Cookie

Week 2: Build-A-Pizza: Mini Bagel w/ Mozzarella Cheese, Marinara Sauce & Pepperoni or Diced Ham served w/ Black Olives & Fruit

Week 3: Hummus Platter w/ Whole Grain Pita Chips & a Hard-Boiled Egg

Week 4: Grilled Chicken Delight Platter w/ Cheddar Cheese Cubes & Heartzel Pretzels

Week 5: Veggie Pinwheels: Cream Cheese w/ Diced Veggie Mix on a Tortilla w/ Apple Slices & a Side Salad

DELI SANDWICH

Week 1: Tuna on a Kaiser Roll w/ Lettuce & Tomato

Week 2: Egg Salad on a Kaiser Roll w/ Lettuce & Tomato

Week 3: Turkey & Cheese on a Wrap w/ Lettuce & Tomato

Week 4: Italian Mini Hero w/ Ham, Salami, Provolone Cheese, Lettuce & Tomato

Week 5: Ham & Cheese 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

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.

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