



# SEPTEMBER 2019

## SCOTCH PLAINS-FANWOOD Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fruits & vegetables from The Farm Stand are included with lunch.			
<b>HAPPY LABOR DAY</b>		<b>Locally Grown Fruit of the Month</b>	Pancakes w/ Syrup & an Egg Patty <b>Weekly Alternate:</b> Baked Mozzarella Sticks w/ Marinara Sauce	Nachos Grande w/ Seasoned Taco Meat, Lettuce & Scoops Chips
Popcorn Chicken w/ a Roll <b>Weekly Alternate:</b> Lasagna Roll-Up w/ Garlic Bread	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
Baked Macaroni & Cheese w/ a Dinner Roll <b>Weekly Alternate:</b> Cheese Pierogi 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
Baked Chicken Nuggets w/ a Dinner Roll & Sweet Potato Fries <b>Jersey Fresh Farm to School Week</b> <b>Weekly Alternate:</b> Pizza Crunchers w/ a Dinner Roll	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</b> Single Session Day – No Lunch Service	Pizzeria Pizza at <b>Brunner, Evergreen &amp; School One</b> Pasta w/ Meatballs & Garlic Bread at <b>Coles &amp; McGinn</b>
Rosh Hashanah - No School			<b>Locally Grown Veggie of the Month</b>	

### 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 & Hartzel Pretzels

#### BAGEL MEAL

Bagel w/ Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand

#### CEREAL LUNCH

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

#### YOGURT LUNCH

6 oz. Yogurt, Cheese Stick, Hartzels 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

### 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