

# Metuchen Middle School

## December 2019

### Lunch Menu



Featuring "Meatless Monday" Options

### Monday – 12/02

- \*Cheddar Cheese Quesadilla with Tomato Salsa
- \*French Toast Sticks with an Egg Patty


### Tuesday – 12/03

- \*Cheese Ravioli served with Italian Bread
- \*Chicken Tenders with Dipping Sauce and a Whole Grain Roll

### Wednesday – 12/04

- \*Popcorn Chicken with Dipping Sauce and a Roll
- \*Jersey Sliders – Mini Cheeseburgers on Soft Wheat Buns

### Thursday – 12/05

- \*Tangerine Chicken over Brown Rice
- \*Spicy Chicken Wrap 

### Friday – 12/06

- \*Pizzeria Pizza
- \*Meatball Hero

**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](http://www.pomptonian.com).

"This institution is an equal opportunity provider."

### Available Daily:

At least 50% of All Grains served with your meal are Whole Grain Rich

Each complete lunch includes: Choice of Entrée with Protein/Grain, a trip to The Farm Stand (students must select at least a serving of fruit or vegetable), and Milk

\*Items on the menu marked with an asterisk (\*) indicate labels have been checked for peanuts/ tree nuts.

### AMERICAN GRILLE

- Chicken Fries/\*Grilled Chicken 
- \*California Burger
- \*Pizza/\*Gardenburger 
- \*Hamburger/\*Cheeseburger
- \*Chicken Patty/\*Cheesesteak

### FRESH FARMSTAND

- \*Mandarin Chicken Salad 
- \*Chef's Deli Salad
- \*Grilled Chicken Caesar Salad 
- \*Hummus Salad Platter with Crudité 
- Assorted salads offered with a Roll

### Deli Central

\*Assorted Grab-and-Go Sandwiches featuring:

Turkey Breast, Ham, Salami, Swiss, and American Cheese

### SNACK SHACK

Featuring an assortment of popular and healthier snack and beverage options



Fruits and vegetables from The Farm Stand are included with lunch.

### TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS

- Cash • Check • On-line
- Visit "payforit.net"



Look for Healthier Choices

# Metuchen Middle School

## December 2019

### Lunch Menu



Featuring "Meatless Monday" Options

### Monday – 12/09

- \*Stuffed Shells with a Dinner Roll
- \*Mozzarella Sticks with Marinara Sauce

### Tuesday – 12/10

- \*Tangerine Chicken with Brown Rice
- \*Cool Ranch Chicken Twister – Popcorn Chicken with Jack Cheese, Lettuce, and Ranch Dressing in a Wrap

### Wednesday – 12/11

- \*Chicken Nuggets with Baked Potato Tots and a Roll
- \*Spicy Chicken Sandwich on a Whole Grain Roll

### Thursday – 12/12

- \*Roasted Chicken with Gravy, Butternut Squash, Macaroni and Cheese, and Apple Crisp
- \*Jersey Sliders – Mini Cheeseburgers on Soft Wheat Buns

### Friday – 12/13

- \*Pizzeria Pizza
- \*Fillet of Fish with Cheese on a Whole Wheat Bun

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#### AMERICAN GRILLE



- Chicken Fries/\*Grilled Chicken 
- \*California Burger
- \*Pizza/\*Gardenburger 
- \*Hamburger/\*Cheeseburger
- \*Chicken Patty/\*Cheesesteak

#### FRESH FARMSTAND



- \*Mandarin Chicken Salad 
- \*Chef's Deli Salad
- \*Grilled Chicken Caesar Salad 
- \*Hummus Salad Platter with Crudité 
- Assorted salads offered with a Roll

#### Deli Central



\*Assorted Grab-and-Go Sandwiches featuring:

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# Metuchen Middle School

## December 2019

### Lunch Menu



*Featuring "Meatless Monday" Options*

### Monday – 12/16

- \*Baked Macaroni and Cheese with a Dinner Roll
- \*French Toast Sticks with an Egg Patty

### Tuesday – 12/17

- \*Nachos Grande with Seasoned Taco Meat, Cheddar Cheese and Salsa
- \*"Jersey Shore" Cheesesteak Hero with Onions and Peppers

### Wednesday – 12/18

- \*Beacon Street Cheese Breadsticks
- \*Meatball Parmesan Sub

### Thursday – 12/19

- \*Chicken Taquitos with Tomato Salsa
- \*Popcorn Chicken with Potato Tots and a Roll

### Friday – 12/20

- \*Pizzeria Pizza
- \*Grilled Chicken Fillet Sandwich on a Whole Wheat Roll 

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#### AMERICAN GRILLE

- Chicken Fries/\*Grilled Chicken 
- \*California Burger
- \*Pizza/\*Gardenburger 
- \*Hamburger/\*Cheeseburger
- \*Chicken Patty/\*Cheesesteak

#### FRESH FARMSTAND

- \*Mandarin Chicken Salad 
- \*Chef's Deli Salad
- \*Grilled Chicken Caesar Salad 
- \*Hummus Salad Platter with Crudité 
- Assorted salads offered with a Roll*

#### Deli Central

\*Assorted Grab-and-Go Sandwiches featuring:

Turkey Breast, Ham, Salami, Swiss, and American Cheese

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# Metuchen Middle School December 2019 Lunch Menu



Featuring "Meatless Monday" Options

Monday – 12/23

Tuesday – 12/24

Wednesday – 12/25

Thursday – 12/26

Friday – 12/27



**FOOD  
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### AMERICAN GRILLE



Chicken Fries/\*Grilled Chicken  
\*California Burger  
\*Pizza/\*Gardenburger  
\*Hamburger/\*Cheeseburger  
\*Chicken Patty/\*Cheesesteak

### FRESH FARMSTAND



\*Mandarin Chicken Salad  
\*Chef's Deli Salad  
\*Grilled Chicken Caesar Salad  
\*Hummus Salad Platter with Crudité  
Assorted salads offered with a Roll

### Deli Central



\*Assorted Grab-and-Go Sandwiches featuring:

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# Metuchen Middle School December 2019 Lunch Menu



Featuring "Meatless Monday" Options

Monday – 12/30

Tuesday – 12/31



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### AMERICAN GRILLE

Chicken Fries/\*Grilled Chicken  
\*California Burger  
\*Pizza/\*Gardenburger  
\*Hamburger/\*Cheeseburger  
\*Chicken Patty/\*Cheesesteak

### FRESH FARMSTAND

\*Mandarin Chicken Salad  
\*Chef's Deli Salad  
\*Grilled Chicken Caesar Salad  
\*Hummus Salad Platter with Crudité  
Assorted salads offered with a Roll

### Deli Central

\*Assorted Grab-and-Go Sandwiches featuring:

Turkey Breast, Ham, Salami, Swiss, and American Cheese

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