

Metuchen Middle School

November 2019

Lunch Menu



Featuring "Meatless Monday" Options

Monday – 10/04

- *Cheese Ravioli
- *French Toast Sticks with an Egg Patty

Tuesday – 10/05

**ELECTION DAY
IN-SERVICE**

Wednesday – 10/06

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

Thursday – 10/07

Friday – 10/08

**NJEA Convention
No School**

**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.

"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

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Monday – 10/11

- *Grilled Cheese Sandwich with Tomato Soup
- *Lasagna Roll-Up with Italian Bread

Tuesday – 10/12

- *General Tso's Chicken with Brown Rice
- *All-Beef Hot Dog on a Bun

Wednesday – 10/13

- *Roasted Turkey with Gravy and Mashed Potato. Corn, Cranberry Sauce and a Roll
- *Rib-B-Q on a Whole Grain Roll

Thursday – 10/14

- *Nachos Grande with Seasoned Taco Meat, Cheddar Cheese and Salsa
- *Buffalo Chicken Wrap with Ranch Dressing

Friday – 10/15

- *Pizzeria Pizza
- *Pizza Burger on a Bun

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Monday – 10/18

- *French Toast Sticks with Applesauce and an Egg Patty
- *Beacon Street Cheese Sticks

Tuesday – 10/19

Wednesday – 10/20

Thursday – 10/21

Parent/Teacher Conferences
Early Dismissal

Friday – 10/22

- *Pizzeria Pizza
- *Grilled Chicken Patty with Barbecue Sauce on a Bun

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Monday – 10/25

- *Mozzarella Sticks
- *Beef Rib-B-Que Sandwich

Tuesday – 10/26

- *Pizzeria Pizza
- *Chicken Fajita in a Pita 

Wednesday – 10/27

Early Dismissal

Thursday – 10/28

Friday – 10/29



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