



# DECEMBER 2019

# METUCHEN

Campbell Elementary School

For students with allergies, please access the Allergies Medical Form at the link written below, above the menu.



POMPTONIAN FOOD SERVICE

Now Featuring "Meatless Monday" Option

<http://metuchenschools.org/metuchen/Our Parents/Health and Medical/Food Allergies/Students with Allergies Medical Form.pdf>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fruits &amp; vegetables from The Farm Stand are included with lunch.</b>				
<i>*Items on the menu marked with an asterisk (*) indicate labels have been checked for peanuts/ tree nuts. Pre-order the school day prior to purchase by emailing Pat Baxter, Food Service Director, at <a href="mailto:PBaxter@MetBOE.k12.nj.us">PBaxter@MetBOE.k12.nj.us</a> or call 732-321-8760.</i>				
2 *French Toast Sticks w/ an Egg Patty & Hash Brown OR *Ham & American Cheese on a Kaiser Roll	3 <b>LUCKY STICKER DAY</b> *Cheese Ravioli w/ Italian Bread OR *Italian Hero <b>Winners Receive Free Snack</b>	4 *Popcorn Chicken w/ Dipping Sauce & a Roll OR *Turkey & Cheese on a Kaiser Roll Free Fruit Character Eraser w/ Lunch	5 *Tangerine Chicken over Brown Rice Brilliant Broccoli OR *Grilled Cheese Sandwich	6 *Nunzio's Pizzeria OR *Tuna Salad w/ Provolone Cheese on a Kaiser Roll
<b>Weekly Alternate:</b> *Baked Chicken Nuggets w/ Dipping Sauce & a Whole Grain Roll				
9 *Stuffed Shells OR *Ham & Cheese on a Kaiser Roll	10 *Tangerine Chicken over Brown Rice OR *Italian Hero	11 *Chicken Nuggets w/ a Whole Wheat Roll "Orange We Good" Carrots OR *Turkey & Cheese on a Kaiser Roll	12 <b>HOLIDAY LUNCHEON</b> *Roasted Chicken w/ Gravy Butternut Squash Macaroni & Cheese Apple Crisp  Free Snowman Pencil w/ Lunch	13 *Nunzio's Pizzeria OR *Tuna Salad on a Kaiser Roll w/ Lettuce & Tomato
<b>Weekly Alternate:</b> Chicken Patty on a Whole Wheat Bun		<b>Weekly Alternate:</b> *Baked Chicken Nuggets w/ Dipping Sauce & a Whole Grain Roll		
16 *Baked Macaroni & Cheese OR *Ham & American Cheese on a Kaiser Roll	17 *Nachos Grande w/ Seasoned Taco Meat, Cheddar Cheese & Salsa OR *Italian Hero	18 *Starry, Starry Day" *Beacon Street Cheese Breadsticks OR *Turkey & Cheese on a Kaiser Roll Free Neon Star Notepad w/ Lunch	19 *Popcorn Chicken w/ Baked Potato Tots OR *Grilled Cheese Sandwich	20 *Nunzio's Pizzeria OR *Tuna Salad on a Kaiser Roll  First Day of Winter 12/21
<b>Weekly Alternate:</b> French Toast Sticks w/ Applesauce & an Egg Omelet				
<b>WINTER BREAK</b>				
23	24	25	26	27
30  Locally Grown McIntosh Apples	31 			
<b>Locally Grown Butternut Squash</b>				

Also Available Daily

- \*Grilled Chicken Caesar Salad w/ a Whole Wheat Club Roll
  - \*Bagel Lunch: Bagel, 4-oz. Yogurt, Low-Fat Cheese
  - \*Cereal Lunch: Cereal, Cheese Sticks, Pretzels & a Trip to The Farm Stand
  - \*Garden Salad with Cheese & a Whole Wheat Roll Available daily in place of the entrée
- All items served on a Whole Wheat Roll, Bun or Wrap



Menu Subject to Change

"This institution is an equal opportunity provider."

TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS

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



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

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).