



# NOVEMBER 2019

# METUCHEN

Campbell Elementary School

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



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>		*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.
			<b>Weekly Alternate:</b> French Toast Sticks w/ Applesauce & an Egg Omelet	
4 *Cheese Ravioli OR *Ham & Cheese Sandwich <b>Weekly Alternate:</b> *Colby Egg Omelet on a Bun	Election Day 5 <b>IN-SERVICE NO SCHOOL</b>	6 *Nunzio's Pizzeria OR *Tuna Salad w/ Lettuce & Tomato on a Kaiser Roll	<b>NJEA Convention No School</b>	
11 * French Toast Sticks w/ an Egg Patty OR *Ham & Cheese on a Kaiser Roll	12 *Chicken Nuggets w/ Baked Potato Tots OR *Italian Hero 	Pre-Thanksgiving Lunch 13 Roasted Turkey, Mashed Potato w/ Gravy, Corn, Cranberry Sauce & a Roll OR *Turkey & Cheese on a Kaiser Roll	14 *Nachos Grande w/ Seasoned Taco Meat, Cheddar Cheese & Salsa OR *Italian Hero <b>Weekly Alternate:</b> *Grilled Chicken Filet on a Roll	15 *Nunzio's Pizzeria OR *Tuna Salad w/ Lettuce & Tomato on a Kaiser Roll
18 *Mozzarella Sticks w/ Marinara Sauce OR *Ham & Cheese on a Kaiser Roll <b>Weekly Alternate:</b> *All-Beef Hot Dog on a Bun	<b>Parent/Teacher Conferences Early Dismissal</b>		21 *Nunzio's Pizzeria OR *Chicken Salad w/ Lettuce & Tomato on a Kaiser Roll	22
25 *Macaroni & Cheese OR *Hot Ham & Cheese on a Kaiser Roll <b>Weekly Alternate:</b> *Cheeseburger on a Whole Wheat Bun	26 *Nunzio's Pizzeria OR *Italian Hero 	27 <b>Early Dismissal No Lunch</b>	28 	

**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).