

## OCTOBER 2020

## **METUCHEN** Elementary Schools

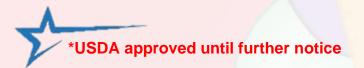


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*	Free meals for a	all students*	1 French Toast Vegetable & Fruit	Pizza Vegetable & Fruit
Popcorn Chicken w/a Dinner Roll Vegetable & Fruit	Cheese Stuffed Sticks w/ Marinara Sauce Vegetable & Fruit	7 Hamburger on a Bun Vegetable & Fruit	Mini Pancakes Pouch w/ <b>Turkey Sausage</b> Vegetable & Fruit	9 Pizza Vegetable & Fruit
COLUMBUS DAY 12 Chicken Nuggets w/ a Dinner Roll Vegetable & Fruit	Mozzarella Sticks w/Marinara Sauce Vegetable & Fruit	Nachos w/ Beef, Cheese & Tortilla Rounds Vegetable & Fruit	15 French Toast Sticks Vegetable & Fruit	Pizza Vegetable & Fruit
	ational School Lunch W			
Popcorn Chicken w/ a Dinner Roll Vegetable & Fruit	Cheese Stuffed Sticks w/ Marinara Sauce & a Dinner Roll Vegetable & Fruit	21 Beef Sliders on Buns Vegetable & Fruit	Mini Waffles Pouch w/ Turkey Sausage Vegetable & Fruit	23 Pizza Vegetable & Fruit
26 Pizza Vegetable & Fruit	27 Mozzarella Sticks w/ Marinara Sauce Vegetable & Fruit	28 BBQ Beef Rib on a Bun Vegetable & Fruit	29 French Toast Vegetable & Fruit	30 HAPPY HALLOWEEN! Spooky Chicken Nuggets w/ Ghostly Vegetable, Frightening Fruit & a Halloween Surprise

**Contact your cafeteria for Alternate Vegetarian Options** 



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.

## A Complete Lunch Includes:

Protein, Grain, Vegetable & Fruit

Milk Choice

Menu Subject to Change



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

"This institution is an equal opportunity provider."