




# OCTOBER 2020

# METUCHEN

Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Free meals for all students*</b>			1 French Toast Vegetable & Fruit	2 Pizza Vegetable & Fruit
5 Popcorn Chicken w/a Dinner Roll Vegetable & Fruit	6 Cheese Stuffed Sticks w/ Marinara Sauce Vegetable & Fruit	7 Hamburger on a Bun Vegetable & Fruit	8 Mini Pancakes Pouch w/ <b>Turkey Sausage</b> Vegetable & Fruit	9 Pizza Vegetable & Fruit
<b>COLUMBUS DAY</b> 12 Chicken Nuggets w/ a Dinner Roll Vegetable & Fruit	13 Mozzarella Sticks w/Marinara Sauce Vegetable & Fruit	14 Nachos w/ Beef, Cheese & Tortilla Rounds Vegetable & Fruit	15 French Toast Sticks Vegetable & Fruit	16 Pizza Vegetable & Fruit
<b>National School Lunch Week</b>				
19 Popcorn Chicken w/ a Dinner Roll Vegetable & Fruit	20 Cheese Stuffed Sticks w/ Marinara Sauce & a Dinner Roll Vegetable & Fruit	21 Beef Sliders on Buns Vegetable & Fruit	22 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 <b>HAPPY HALLOWEEN!</b> Spooky Chicken Nuggets w/ Ghostly Vegetable, Frightening Fruit & a Halloween Surprise

**Contact your cafeteria for  
Alternate Vegetarian Options**



**A Complete Lunch Includes:**  
Protein, Grain, Vegetable & Fruit  
**Milk Choice**

*Menu Subject to Change*

**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).



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



**\*USDA approved until further notice**

"This institution is an equal  
opportunity provider."