

Welcome to our Lunch Cafe at...

Middletown Elementary Schools

October 2018

MEATLESS MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Rainbow Grilled Cheese golden toasted bread with gooey melted American and mozzarella cheese prepared in-house (V) (P)</p> <p>Crispy Popcorn Chicken Dinner Rolls</p> <p>Crispy Potato Puffs Cucumber Coins Fresh Pear</p>	<p>2 Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce</p> <p>Cheese Quesadilla (V) (P)</p> <p>Fiesta Corn Tomato Salad Fresh Banana Or Applesauce</p> <p>Weekly Salad & Sandwich: Breaded Chicken Salad - Boar's Head</p>	<p>3 Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house (P)</p> <p>Crispy Chicken Sandwich Green Beans Or Fresh Baby Carrots Fresh Orange Or Pear and Pineapple Cup</p> <p>Breaded Chicken Salad - Boar's Head</p>	<p>4 Homemade Mac & Cheese (V) (P)</p> <p>Cheeseburger Roasted Vegetables Roasted vegetables with cauliflower, cabbage, and broccoli</p> <p>Garden Salad Fresh Pear Fresh Apple</p> <p>Turkey & Cheese Sandwich</p>	<p>5 Classic Cheese Pizza (V) (P)</p> <p>Or Pepperoni Pizza (P)</p> <p>Sauteed Vegetable Medley Or Chickpea Salad chickpeas tossed in light italian dressing and garnished with parsley</p> <p>Plums Or Fresh Banana</p> <p>VALENTINO'S PIZZA DAY: Fairview, Navesink, Leonardo</p>
<p>8 Baked Pasta with Cheese (V) (P) (O)</p> <p>Crispy Popcorn Chicken Dinner Rolls</p> <p>Lemon Parmesan Peas Fresh Cucumber Salad Fresh Pear Organic Applesauce (O)</p>	<p>9 Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese</p> <p>Turkey Burger Baked Plantains Maduros Or Tomato Salad Fresh Banana Fresh Apple</p> <p>Weekly Salad & Sandwich: Chicken Caesar Salad - Boar's Head</p>	<p>10 Whole Grain Waffles with Sausage (P)</p> <p>Crispy Chicken Sandwich Crispy Potato Puffs Fresh Baby Carrots Fresh Orange Orange and Pineapple Cup</p> <p>Chicken Caesar Salad - Boar's Head</p>	<p>11 Tangerine Chicken WG breaded chicken in a tangerine sauce</p> <p>With Brown Rice Cheeseburger Broccoli Or Edamame Fresh Apple Fresh Pear</p> <p>Ham & Cheese Sandwich</p>	<p>12 Classic Cheese Pizza (V) (P)</p> <p>Pepperoni Pizza Glazed Carrots Or Garden Salad Fresh Banana Or Homemade Peach Cobbler warm peaches topped with a sweet cinnamon crumb</p> <p>VALENTINO'S PIZZA DAY: Bayview, New Monmouth, Village</p>
<p>15 Veggie Burger (V) (P) (O)</p> <p>Crispy Popcorn Chicken Baked Potato Wedges crispy potato wedges baked to perfection</p> <p>Or Cucumber Coins Cinnamon Applesauce Or Fresh Pear</p>	<p>16 Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell</p> <p>Two Cheese Quesadilla (V) (P)</p> <p>Sweet Potato Fries Tomato Salad Fresh Apple Fresh Banana</p> <p>Weekly Salad & Sandwich: Garden Salad w/ Hard Boiled Eggs</p>	<p>17 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese (V)</p> <p>Crispy Chicken Sandwich Crispy Potato Puffs Fresh Baby Carrots Fresh Orange Pear and Pineapple Cup</p> <p>Garden Salad w/ Hard Boiled Eggs</p>	<p>18 Lasagna Rollup traditional cheesy lasagna, rolled up and topped with tomato sauce</p> <p>Cheeseburger Steamed Broccoli Garden Salad Fresh Apple Fresh Pear</p> <p>Chicken Ranch Wrap</p>	<p>19 Cheese Pizza (V) (P) (O)</p> <p>Pepperoni Pizza (P)</p> <p>Cauliflower Popcorn Side of cauliflower pieces tossed with oil and spices.</p> <p>Cinnamon & Honey Roasted Beans Berry Cup Fresh Banana</p> <p>VALENTINO'S PIZZA DAY: Nutswamp, River Plaza, Lincroft</p>
<p>22 Pasta & Broccoli with Garlic & Oil al dente pasta with broccoli sauteed in garlic and olive oil (V)</p> <p>Crispy Popcorn Chicken Steamed Broccoli Or Cucumber Coins Fresh Pear Organic Applesauce (O)</p>	<p>23 Ranch & Chicken Quesadilla Turkey Burger Sauteed Corn & Black Bean Salsa Tomato Salad Fresh Apple Fresh Banana</p> <p>Weekly Salad & Sandwich: Chef Salad - Boar's Head</p>	<p>24 Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella (P) (O)</p> <p>Crispy Chicken Sandwich Golden Baked Potato Wedges Or Celery Sticks Fresh Orange Fresh Green Grapes</p> <p>Chef Salad - Boar's Head</p>	<p>25 Steamed Dumplings stuffed dumplings perfect for dipping in your favorite Asian sauce (O)</p> <p>Crispy Chicken Sandwich Sugar Snap Peas Edamame Fresh Apple Diced Pear Cup</p> <p>Italian Sub</p>	<p>26 Cheese Pizza (V) (P) (O)</p> <p>Pepperoni Pizza Orange Glazed Carrots Or Fresh Cucumber Salad Blueberry Cobbler Warmed blueberries mixed with cinnamon and a crumbly biscuit topping.</p> <p>Fresh Banana</p> <p>VALENTINO'S PIZZA DAY: Port Monmouth, Ocean, Harmony</p>
<p>29 Grilled Cheese Sandwich (V)</p> <p>Crispy Popcorn Chicken Sweet Potato Fries Fresh Cucumber Salad Fresh Pear Cinnamon Applesauce</p> <p>Weekly Salad & Sandwich: Chicken Caesar Salad - Boar's Head</p>	<p>30 Fish Tacos (O)</p> <p>Cheese Quesadilla (V) (P)</p> <p>Sweet Corn Tomato Salad Fresh Apple Fresh Banana</p> <p>Chicken Caesar Salad - Boar's Head</p>	<p>31 Whole Grain French Toast Slices (V)</p> <p>Crispy Chicken Sandwich Crispy Potato Puffs Fresh Baby Carrots Fresh Orange Fresh Fruit Cup</p> <p>Turkey & Cheese Sandwich</p>	<p>HARVEST of the MONTH</p> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> <p>WHITSON'S School Nutrition</p> 	



October is National Farm to School Month! Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



Meal Price: \$2.85 Paid, \$0.40 Reduced, \$0.00 Free
Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & grain choice.

Please note: popcorn chicken & chicken tenders are served with a whole grain roll

Available Daily

- Organic Yogurt Parfait Lunch served with Graham Crackers
- Bagel Bag Lunch served with yogurt, cheese stick & fruit or vegetable choice
- Whole Grain, Reduced Sugar Cereal Lunch served with milk and fresh fruit choice
- Weekly sandwich item is made with Boar's Head deli meat
- Weekly salad item is served with a whole grain roll

(V) VEGETARIAN (O) MADE WITH NATURAL INGREDIENTS (P) PORK (O) MADE WITH ORGANIC INGREDIENTS

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.