



# October NUTLEY

2019 Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Fruits &amp; vegetables from The Farm Stand are included with lunch.</b>	
	1 Nachos Grande with Seasoned Taco Meat, Rice & Scoops Chips served with Black Beans	2 French Toast Sticks with Syrup, Turkey Sausage & Tater Tots	3 Cheeseburger on a Bun with a Caesar Salad	4 Pizzeria-Style Pizza Cucumber Slices with Ranch Dip
7 All beef hot dog on a bun with baked beans	8 Turkey Tacos served with Salsa & Corn	9 French Bread Pizza	10 Pasta with Meatballs, a Dinner Roll & Side Salad	11 Early Dismissal No Lunch
14 Columbus day School Closed	15 French Bread Pizza	16 Chicken Tenders with a Dinner Roll, Dip & Cucumber Slices	17 French Toast Sticks with Syrup, Sausage & Smiley Potatoes	18 Pizzeria-Style Pizza Red Pepper Slices
21 Popcorn Chicken with Dip, a Roll & Salad	22 Turkey Tacos served with Salsa & Corn	23 Baked Macaroni & Cheese with a Dinner Roll & Caesar Salad	24 Breaded chicken and cheese on a Bun with a Side Salad	25 Pizzeria-Style Pizza Baby Carrots with Dip
28 Cheese Quesadilla with Salsa & a Salad	29 Taco Tuesday – Seasoned Beef with Cheese, Lettuce, Tomato & Salsa served with Mexican Rice NJ	30 French Bread Pizza	31 Baked Ziti with a Dinner Roll & Steamed Broccoli	

**ALSO AVAILABLE DAILY**

**SALAD LUNCH (each salad includes a Roll)**

Chicken Caesar Salad: Tossed Greens with Sliced Chicken & Caesar Dressing

**BAGEL & YOGURT MEAL**

Bagel with Cream Cheese, Yogurt, Low-Fat Cheese Stick & a Trip to The Farm Stand

**WEEKLY BENTO BOX SPECIALS**

- Week 1: Build-A-Pizza Bento Box
- Week 2: Breakfast Sampler Bento Box with Granola & a Blueberry Mini Muffin
- Week 3: Build-A-Pizza Bento Box
- Week 4: Breakfast Sampler Bento Box with Granola & a Blueberry Mini Muffin
- Week 5: Build-A-Pizza Bento Box

**WEEKLY SANDWICHES**

- Week 1: Turkey Wrap
- Week 2: Tuna Wrap
- Week 3: Ham & Cheese Wrap
- Week 4: Italian Mini Hero
- Week 5: Turkey & Cheese Sandwich



**A Complete Lunch Includes:**

Entrée (with Protein/Grain)  
**Trip to The Farm Stand**  
 (students must select at least a serving of fruit or vegetable)

Milk Choice: 1% White, Skim, or Non-Fat Chocolate

**Menu Subject to Change**

Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com)



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

"This institution is an equal opportunity provider."

**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).