



# OCTOBER 2020

# TOTOWA School District



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Free meals for all students*</b></p>			<sup>1</sup> A: French Toast w/ Cheese Stick  B: Bagel Bag  Vegetable & Fruit	<sup>2</sup> Pizza  B: Bagel Bag  Vegetable & Fruit
<sup>5</sup> A: Chicken Patty on a Bun  B: Bagel Bag  Carrots & Fruit	<sup>6</sup> A: Stuffed Shells w/ a Dinner Roll  B: Bagel Bag  Vegetable & Fruit	<sup>7</sup> A: Cheeseburger on a Bun  B: Bagel Bag  Vegetable & Fruit	<sup>8</sup> A: Pancake Pouch w/ Cheese Stick  B: Bagel Bag  Vegetable & Fruit	<sup>9</sup> Pizza  B: Bagel Bag  Vegetable & Fruit
<sup>12</sup> A: Chicken Tenders w/ a Dinner Roll  B: Bagel Bag  Vegetable & Fruit	<sup>13</sup> A: Mac & Cheese w/ a Dinner Roll  B: Bagel Bag  Vegetable & Fruit	<sup>14</sup> A: Nachos w/ Beef, Cheese & Tortilla Rounds  B: Bagel Bag  w/ Vegetable & Fruit	<sup>15</sup> Waffle Pouch w/ Cheese Sticks  B: Bagel Bag  Vegetable & Fruit	<sup>16</sup> Pizza  B: Bagel Bag  Vegetable & Fruit
<sup>19</sup> A: Popcorn Chicken w/ a Dinner Roll  B: Bagel Bag  Vegetable & Fruit	<sup>20</sup> A: Cheese Ravioli w/ Marinara Sauce & a Dinner Roll  B: Bagel Bag  Vegetable & Fruit	<sup>21</sup> A: Meatballs w/ Cheese & Garlic Bread  B: Bagel Bag  Vegetable & Fruit	<sup>22</sup> A: Pancake Pouch w/ Cheese Sticks  B: Bagel Bag  Vegetable & Fruit	<sup>23</sup> Pizza  B: Bagel Bag  Vegetable & Fruit
<sup>26</sup> A: French Toast w/ Cheese Stick  B: Bagel Bag  Vegetable & Fruit	<sup>27</sup> A: Lasagna w/ Marinara Sauce & a Dinner Roll  B: Bagel Bag  Vegetable & Fruit	<sup>28</sup> A: Soft Shell Beef & Cheese Tacos  B: Bagel Bag  Vegetable & Fruit	<sup>29</sup> A: Pizza  B: Bagel Bag  Vegetable & Fruit	<sup>30</sup> <b>HAPPY HALLOWEEN!</b> A: Chicken Nuggets w/ Ghostly Potatoes, Fruit & a Halloween Surprise  B: Bagel Bag

### Order for OCTOBER 2020

There are 2 meal choices daily. Your student can receive a meal whether they are in the building or learning remotely. Please indicate your choice for each day for the entire month and return the menu to: Homeroom Teacher

Student's Name \_\_\_\_\_

Teacher's Name \_\_\_\_\_

Grade \_\_\_\_\_ Room # \_\_\_\_\_

Write the LETTER of your choice in the appropriate spaces provided – one choice per day. Please return this form by:

MON	TUE	WED	THU	FRI
X	X	X	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30



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

"This institution is an equal opportunity provider."



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).

**Contact your cafeteria for  
Alternate Vegetarian Options**

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

*Menu Subject to Change*



**\*USDA approved until further notice**