

OCTOBER 2017

TOTOWA

Memorial School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Selections on The Farm Stand are included with lunch. Choose $\frac{1}{2}$ a cup of fruit and 1 cup of vegetable from a variety of options daily.		
Child Health Day ² Baked Chicken Nuggets w/ Oven Potatoes & a Dinner Roll	All-Beef Hot Dog on a Bun w/ Potato Tots ³ 	Breakfast for Lunch ⁴ Cinnamon French Toast Sticks w/ an Egg Patty & Hash Brown	Pasta w/ Meatballs, Marinara Sauce & Garlic Bread ⁵ <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;"> Weekly Alternate: Cheeseburger on a Bun </div>	Pizzeria Pizza ⁶
COLUMBUS DAY ⁹ Chicken Patty on a Bun	2 Chicken Tenders with a Side of Macaroni & Cheese ¹⁰	Pizza Crunchers with Marinara Sauce ¹¹	Cheeseburger on a Bun ¹² 	Pizzeria Pizza ¹³
National School Lunch Week 2017		<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;"> Weekly Alternate: Colby Egg & Cheese on a Bun </div>		
Popcorn Chicken with Mashed Potatoes & a Dinner Roll ¹⁶	Baked Mozzarella Sticks with Marinara Sauce ¹⁷	2 Chicken Sliders on Mini Buns ¹⁸	WEDNESDAY ¹⁹ Nachos Grande with Seasoned Taco Meat, Cheese, Brown Rice, & Nacho Chips	Pizzeria Pizza ²⁰
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;"> Weekly Alternate: Gardenburger on a Bun </div>		Mini Meatball Hero ²⁵	Cheeseburger on a Bun w/ Potato Tots ²⁶	Pizzeria Pizza ²⁷
Baked Macaroni & Cheese w/ a Dinner Roll ²³ 	Chicken Nuggets w/ Oven Fries & Sliced Bread ²⁴ World Series Begins	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;"> Weekly Alternate: Chicken Patty on a Bun </div>		
Philly Cheesesteak on a Mini Hero w/ American Cheese ³⁰ 	Halloween ³¹ Super Sampler w/ 3 Chicken Nuggets, 3 Mozzarella Sticks, & Sliced Bread 	JERSEY FRESH 	Jersey Fresh VEGETABLE OF THE MONTH Romaine 	Jersey Fresh FRUIT OF THE MONTH Cranberries
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;"> Weekly Alternate: Meatball Mini </div>				

ALSO AVAILABLE DAILY

YOGURT LUNCH

4 oz. Yogurt, Cheese Stick, Pretzels, Sliced Bread & a Trip to The Farm Stand

CHEESE SANDWICH

American Cheese on a Roll & a Trip to The Farm Stand

DELI SANDWICH

- Week 1: Italian Mini Hero with Ham, Salami, Provolone Cheese, Lettuce & Tomato
- Week 2: Ham & Cheese on a Kaiser Roll with Lettuce & Tomato
- Week 3: Turkey Breast on a Kaiser Roll with Lettuce & Tomato
- Week 4: Salami & Cheese on a Kaiser Roll with Lettuce & Tomato
- Week 5: Italian Mini Hero with Ham, Salami, Provolone Cheese, Lettuce & Tomato

Your comments are important to us. Please e-mail us at comments@pomptonian.com

"This institution is an equal opportunity provider."

A Complete Lunch Includes:

- Entrée (with Protein/Grain)
- Trip to The Farm Stand
- Milk Choice: 1% White, Skim, or Non-Fat Chocolate

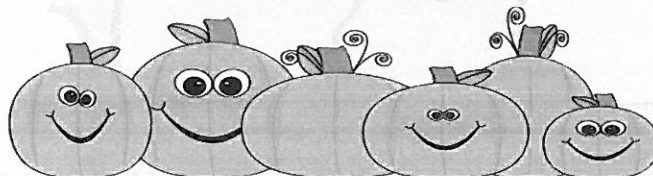
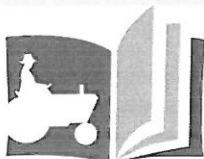
Menu Subject to Change

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

NATIONAL FARM to SCHOOL MONTH





TOTOWA



Pre-K Monthly Lunch Order Form

Indicate meal selection with the appropriate letter on the days you wish to purchase lunch. To participate in the lunch, please return the form to the school by 9 a.m. on Friday, September 22, 2017.

Use the following letters to order: X = Daily Entrée
 A = Hot Alternate
 S = Daily Sandwich Choice
 Y = Yogurt Lunch
 C = Cheese Sandwich



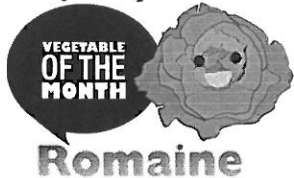
OCTOBER 2017



	MON	TUES	WED	THUR	FRI
Week 1 Lunch	2	3	4	5	6
Week 2 Lunch	9	10	11	12	13
Week 3 Lunch	16	17	18	19	20
Week 4 Lunch	23	24	25	26	27
Week 5 Lunch	30	31			



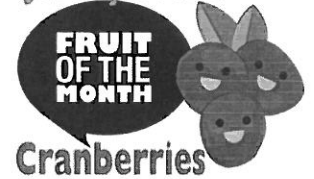
Jersey Fresh



STUDENT'S NAME _____

TEACHER _____

Jersey Fresh



If paying by check please make payable to the Totowa School District Cafeteria.

_____ days of paid lunch @ \$2.95 = \$ _____

_____ days of reduced lunch @ \$.40 = \$ _____

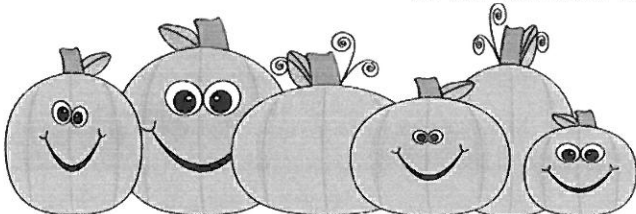
___ Cash ___ Check ___ PayForIt

NATIONAL FARM to SCHOOL MONTH



NOTE TO FREE LUNCH RECIPIENTS:

If you plan to participate in the lunch program, you must fill out and return this form.



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