



SEPTEMBER 2017

TOTOWA
Memorial School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>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.</p>		
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4 	5 	6	7 No Lunch Service	8
11 PATRIOT DAY All-Beef Hot Dog on a Bun w/ Oven Potatoes Free Welcome Back Cookie w/ Lunch	12 Super Sampler w/ 3 Chicken Nuggets, 3 Mozzarella Sticks, Oven Fries & Sliced French Bread	13 Pasta w/ Meatballs, Marinara Sauce & Garlic Bread 	14 2 Crispy Chicken Sliders on Soft Buns Weekly Alternate: Gardenburger on a Bun	15 Pizzeria Pizza
18 Baked Mozzarella Sticks w/ Marinara Sauce & Oven Fries	19 Nachos Grande with Seasoned Taco Meat, Brown Rice & Nacho Chips Weekly Alternate: Chicken Patty on a Bun	20 Chicken Nuggets w/ Oven Fries & a Dinner Roll	21 Breakfast for Lunch Maple Glazed French Toast Sticks w/ an Egg Patty & Hash Brown	22 First Day of Fall Pizzeria Pizza
25 Popcorn Chicken w/ Mashed Potatoes & a Dinner Roll	26 Johnny Appleseed Day Single Session No Lunch Service	27 Cheeseburger on a Bun w/ Waffle Fries 	28 Single Session No Lunch Service 	29 Pizzeria Pizza
Weekly Alternate: Mini Meatball Parmesan Hero			Sea Otter Awareness Week	

ALSO AVAILABLE DAILY

YOGURT LUNCH

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

BAGEL MEAL

Mini Bagel w/ Cream Cheese, Low-Fat Cheese Stick, & a Trip to The Farm Stand

CHEESE SANDWICH

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

DELI SANDWICH

Week 1: No Lunch Service

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 on a Kaiser Roll with Lettuce & Tomato



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

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

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

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"This institution is an equal opportunity provider."



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