




**PEMBERTON TOWNSHIP SCHOOLS
HELEN FORT AND HIGH SCHOOL APRIL 2022
LUNCH MENU WITH ENTRÉE CARB COUNT**



Monday	Tuesday	Wednesday	Thursday	Friday
MILK CHOICE OFFERED DAILY 1 % WHITE FF CHOCOLATE FRUIT CHOICE OFFERED DAILY				1 SPICY CHICKEN SANDWICH-43g GREEN BEANS
4 BUFFALO CHICKEN PIZZA-27g SALAD W/CROUTONS	5 SOFT TACO W/CHEESE-28g SEASONED RICE-24g BEANS	6 PRETZEL MELT-58g ROASTED BROCCOLI	7 BACON CHEESEBURGER-55g SWEET POTATO FRIES	8 TERIYAKI CHICKEN WITH NOODLES-50g FORTUNE COOKIE
11 MOZZARELLA STICKS-33g MARINARA SAUCE GARDEN SALAD W/CROUTONS	12 BAKED CHICKEN-26g PASTA SALAD-38g	13 TURKEY CHEDDAR PANINI-29g TOMATO BISQUE	14 PEPPERONI PIZZA POCKET-25g ROASTED BROCCOLI	15 NO SCHOOL SPRING BREAK
18 NO SCHOOL SPRING BREAK	19 NO SCHOOL SPRING BREAK	20 NO SCHOOL SPRING BREAK	21 NO SCHOOL SPRING BREAK	22 NO SCHOOL SPRING BREAK
25 CORN DOG NUGGETS-31g SWEET POTATOES	26 CHEESESTEAK SANDWICH-42g PEPPERS & ONIONS CARROTS	27 CHICKEN ALFREDO-46g PEAS	28 CHILI W/RICE-56g CORN	29 PEPPERONI PIZZA-32g ROASTED BROCCOLI

MENU SUBJECT TO CHANGE

Questions, contact Barbara Wells, Supervisor, Food Services at 609-893-5788 or bwells@pemb.org. This institution is an equal opportunity provider.

**PEMBERTON TOWNSHIP SCHOOLS
BREAKFAST MENU
APRIL 2022**



Monday		Tuesday		Wednesday		Thursday		Friday	
MILK CHOICE OFFERED DAILY								1	A
FRUIT CHOICE OFFERED DAILY								CEREAL OR POP-TART CRACKER FRUIT AND MILK	
4	B	5	C	6	D	7	E	8	F
CEREAL OR POP-TART CRACKER FRUIT AND MILK		CEREAL OR POP-TART CRACKER FRUIT AND MILK		CEREAL OR MUFFIN CRACKER FRUIT AND MILK		CEREAL OR POP-TART CRACKER FRUIT AND MILK		CEREAL OR POP-TART CRACKER FRUIT AND MILK	
11	A	12	B	13	C	14	D	15	
CEREAL OR POP-TART CRACKER FRUIT AND MILK		CEREAL OR POP-TART CRACKER FRUIT AND MILK		CEREAL OR MUFFIN CRACKER FRUIT AND MILK		CEREAL OR POP-TART CRACKER FRUIT AND MILK		NO SCHOOL SPRING BREAK	
18		19		20		21		22	
NO SCHOOL SPRING BREAK		NO SCHOOL SPRING BREAK		NO SCHOOL SPRING BREAK		NO SCHOOL SPRING BREAK		NO SCHOOL SPRING BREAK	
25	E	26	F	27	A	28	B	29	C
CEREAL OR POP-TART CRACKER FRUIT AND MILK		CEREAL OR POP-TART CRACKER FRUIT AND MILK		CEREAL OR MUFFIN CRACKER FRUIT AND MILK		CEREAL OR POP-TART CRACKER FRUIT AND MILK		CEREAL OR POP-TART CRACKER FRUIT AND MILK	

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