




PEMBERTON TOWNSHIP SCHOOLS LUNCH MENU HELEN FORT & HIGH SCHOOL DECEMBER 2019

NEW DAILY ALTERNATES

Whole Grain Pizza - 30g, Chicken Patty Sandwich - 37g, Assorted Hoagies - 41g, Assorted Salads - 33g, PBJ - 61g or Yogurt Parfait - 38g.
All alternates include choice of fruit, vegetable, milk and/or juice.

Monday	Tuesday	Wednesday	Thursday	Friday
2 SPICY CHICKEN SANDWICH-43g BUTTERED NOODLES-31g PEAS	3 CHEESEBURGER W/BUN-28g MIXED BEANS SWEET POTATO FRIES	4 BAKED ZITI-61g BROCCOLI CARROTS	5 FRENCH TOAST-35g W/SAUSAGE-1g TATOR TOTS SPINACH	6 BIG DADDY PIZZA-34g CALIFORNIA VEGGIES SWEET CORN
9 CHEESESTEAK SANDWICH-42g PEPPERS & ONIONS CARROTS	10 CHICKEN TACO W/CHEESE-24g BLACK BEAN SALSA RICE-33g - SOUR CREAM	11 GRILLED CHEESE-31g TOMATO SOUP PEAS	12 MASHED POTATO BOWL-31g W/CHICKEN & GRAVY SWEET CORN & ROLL-23g	13 PEPPERONI PIZZA-35g SALAD W/DRESSING GREEN BEANS
16 HOT DOG W/BUN-24g MIXED BEANS DISCO FRIES	17 PRETZEL MELT-58g TURKEY NOODLE SOUP-27g PEAS	18 SWEET & SOUR CHICKEN-60g STEAMED RICE-33g GREEN BEANS	19 SPAGHETTI W/MEATBALLS-58g ITALIAN VEGGIES CARROTS	20 BIG DADDY PIZZA-34g BROCCOLI SWEET POTATOES
23 NO SCHOOL	24 WINTER BREAK	25 	26 HAPPY HOLIDAYS	27 NO SCHOOL
30 WINTER BREAK	31 NO SCHOOL 		MILK CHOICE OFFERED DAILY SKIM FF CHOCOLATE 1 % WHITE FF STRAWBERRY	FRUIT CHOICE OFFERED DAILY CANNED FRUIT 4 OZ. JUICE FRESH FRUIT

LUNCH PRICE \$3.05 REDUCED PRICE .40 MILK .60 JUICE .50

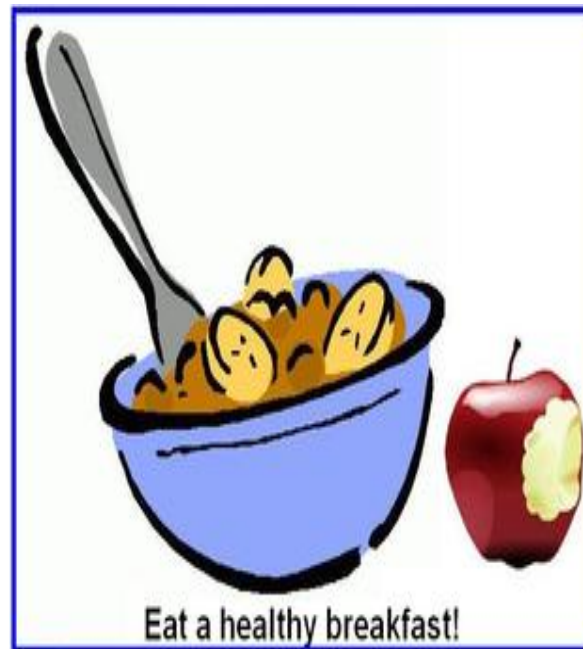
Questions, contact Barbara Wells, Supervisor, Food Services at 609-893-5788 or bwells@pemb.org This institution is an equal opportunity provider

PEMBERTON TOWNSHIP SCHOOLS MIDDLE & HIGH SCHOOL BREAKFAST MENU

DAILY OFFERING
CHOOSE ONE
BAGEL w/ CREAM CHEESE 57g CEREAL BARS 30g ASSORTED CEREALS 46g (Whole Grain, Reduced Sugar Cereal) Whole Grain POPTART 37g
CHOOSE ONE
GOLDFISH PRETZEL CRACKERS 16g GOLDFISH GIANT 19g
CHOOSE ONE
100 % FRUIT JUICE CANNED FRUIT FRESH FRUIT
CHOOSE ONE
MILK: FAT FREE FLAVORED MILK 1% WHITE MILK
STUDENTS MUST TAKE 3 OUT OF THE 4 CHOICES, ONE MUST BE A FRUIT.



Did you know that if you receive free or reduced lunch that you are entitled to free or reduced breakfast also?



MENU SUBJECT TO CHANGE.
 QUESTIONS, CONTACT BARBARA WELLS
 at bwells@pemb.org or 609-893-7606.

BREAKFAST PRICE \$ 1.60, REDUCED PRICE .30, MILK .60 and JUICE .50.
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER