PEMBERTON TOWNSHIP SCHOOLS

ELEMENTARY FEBRUARY 2021 LUNCH MENU WITH ENTRÉE CARB COUNT

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CHEESESTEAK SANDWICH-39g	CHICKEN FILET	CHEESY PIZZA-30g	PRETZEL MELT-47g	MACARONI & CHEESE-40g
CORN	W/PASTA SAUCE-10g	ROASTED GARBANZO BEANS	CARROTS	BROCCOLI
	PASTA-23g			
8	9	10	11	12
CHEESY PIZZA-30g	BAKED CHICKEN-3g	TURKEY & CHEESE HOAGIE-37g	CHEESEBURGER W/BUN-28g	CHICKEN FAJITA W/RICE-45g
SPINACH	CARROTS	POTATO WEDGES	SWEET POTATOES	KIDNEY BEANS
	RICE-23g			
15	16	17	18	19
NO SCHOOL	PEPPERONI PIZZA-31g	PANCAKES W/SAUSAGE LINKS-26g	PULLED PORK TACO-26g	SLOPPY JOE SANDWICH-32g
PRESIDENT'S DAY	CORN	BROCCOLI	BLACK BEANS	PEPPERS & ONIONS
			RICE-23g	
	<u> </u>			
22	23	24	25	26
HAM, EGG AND CHEESE	HOT DOG ON BUN-21g	CHICKEN NUGGETS-15g	CHEESY PIZZA-30g	MEATBALL PARM SANDWICH-52g
MUFFIN-31g	BAKED BEANS	SWEET POTATOES	CARROTS	SPINACH
CORN				
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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.

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FEBRUARY 2021 BREAKFAST MENU

1 CEREAL OR POP-TART CRACKER FRUIT AND MILK	CEREAL OR POP-TART CRACKER	3 CEREAL OR MUFFIN	4 CEREAL OR POP-TART	5 CEREAL OR POP-TART
	FRUIT AND MILK	CRACKER FRUIT AND MILK	CRACKER FRUIT AND MILK	CRACKER FRUIT AND MILK
8 CEREAL OR POP-TART CRACKER FRUIT AND MILK	9 CEREAL OR POP-TART CRACKER FRUIT AND MILK	10 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	11 CEREAL OR POP-TART CRACKER FRUIT AND MILK	12 CEREAL OR POP-TART CRACKER FRUIT AND MILK
NO SCHOOL PRESIDENT'S DAY	CEREAL OR POP-TART CRACKER FRUIT AND MILK	17 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	18 CEREAL OR POP-TART CRACKER FRUIT AND MILK	CEREAL OR POP-TART CRACKER FRUIT AND MILK
CEREAL OR POP-TART CRACKER FRUIT AND MILK	CEREAL OR POP-TART CRACKER FRUIT AND MILK	CEREAL OR MUFFIN CRACKER FRUIT AND MILK	25 CEREAL OR POP-TART CRACKER FRUIT AND MILK	CEREAL OR POP-TART CRACKER FRUIT AND MILK

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