

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 TURKEY & GRAVY-3g CORN STEAMED RICE-24g	2 CHEESEBURGER W/BUN-28g ONION RINGS PEAS	3 CHILI CHEESE FRIES-48g FRITOS CARROTS	4 HOT DOG W/BUN-21g BEANS
7 SPICY CHICKEN SANDWICH-48g CARROTS	8 SPAGHETTI W/MEATSAUCE-52g SALAD	9 ITALIAN HOAGIE-53g MIXED VEGGIES	10 CHEESESTEAK SANDWICH-42g BEANS	11 CHEESY PIZZA-30g BROCCOLI
14 NACHO BITES-33g BEANS	15 CHOCOLATE CHIP WAFFLES-37g POTATOES SAUSAGE	16 PRETZEL MELT-58g TOMATO SOUP	17 MEATBALL SANDWICH-63g PEPPERS & ONIONS	18 MOZZARELLA STICKS-33g MARINARA SAUCE CORN
21 NO SCHOOL PRESIDENT'S DAY	22 SAUSAGE, EGG & CHEESE MUFFIN-31g CARROTS	23 PIZZABOLI-34g BROCCOLI	24 BURRITO BOWL-6g RICE-24g BEANS	25 SLOPPY JOE SANDWICH-42g PEPPERS & ONIONS
28 CHEESE RAVIOLI-15g PEAS GARLIC BREAD-27g			MILK CHOICE OFFERED DAILY 1 % WHITE FF CHOCOLATE FRUIT CHOICE OFFERED DAILY	

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
FEBRUARY BREAKFAST MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
	1 CEREAL OR POP-TART CRACKER FRUIT AND MILK	2 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	3 CEREAL OR POP-TART CRACKER FRUIT AND MILK	4 CEREAL OR POP-TART CRACKER FRUIT AND MILK
7 CEREAL OR POP-TART CRACKER FRUIT AND MILK	8 CEREAL OR POP-TART CRACKER FRUIT AND MILK	9 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	10 CEREAL OR POP-TART CRACKER FRUIT AND MILK	11 CEREAL OR POP-TART CRACKER FRUIT AND MILK
14 CEREAL OR POP-TART CRACKER FRUIT AND MILK	15 CEREAL OR POP-TART CRACKER FRUIT AND MILK	16 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	17 CEREAL OR POP-TART CRACKER FRUIT AND MILK	18 CEREAL OR POP-TART CRACKER FRUIT AND MILK
21 NO SCHOOL PRESIDENT'S DAY	22 CEREAL OR POP-TART CRACKER FRUIT AND MILK	23 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	24 CEREAL OR POP-TART CRACKER FRUIT AND MILK	25 CEREAL OR POP-TART CRACKER FRUIT AND MILK
28 CEREAL OR POP-TART CRACKER FRUIT AND MILK				

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