


PEMBERTON TOWNSHIP SCHOOLS

JUNE 2022 Lunch Menu - PTHS & Helen Fort

FUN FACT!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| | | 1 BACON CHEESEBURGER-55g BBQ Baked Beans Fruit Choice EARLY DISMISSAL | 2 CHICKEN ALFREDO PASTA-46g Spinach Fruit Choice | 3 MEATBALL SANDWICH-52g Carrots Fruit Choice |
| 6 CHICKEN PATTY-43g Potato Frenzy Fruit Choice | 7 ITALIAN HOAGIE-53g Carrots Potato Chips Fruit Choice | 8 PICK YOUR PIZZA DAY-43g California Veggies Fruit Choice | 9 PRETZEL MELT-58g Fresh Veggies w/ Hummus Fruit Choice | 10 SPAGHETTI w/ MEATSAUCE-52g Italian Veggie Blend Garlic Bread-24g Fruit Choice |
| 13 BIG MAC SALAD-22g Sweet Potato Fries Corn Chips Fruit Choice | 14 BUILD A BOWL Chicken & Seasoned Rice-27g Beans, Corn, & Toppings Fruit Choice | 15 BUFFALO CHICKEN WRAP-22g Roasted Broccoli Fruit Choice | 16 COOK'S CHOICE DAY! Vegetable Fruit Choice EARLY DISMISSAL | 17 NO SCHOOL  |
| 20 PEPPERONI PIZZA POCKET-29g Baby Carrots w/ Dip Fruit Choice EARLY DISMISSAL | 21 COOK'S CHOICE DAY! Vegetable Fruit Choice EARLY DISMISSAL | 22 | 23 | 24 |
| 27 | 28 | 29 | 30 | |
| Milk Choice Offered Daily: 1% WHITE FF CHOCOLATE | Fruit Choice Offered Daily: FRESH FRUIT CANNED FRUIT | <p>Enjoy Your Summer!</p> <p><i>Multiple Entrée Options Available Daily!</i></p> <p><i>PB&J, Fresh-Made Salads, Sandwiches, & Cook's Choice</i></p> | | |

Did you know that cilantro and coriander are the same thing? They are just two different names to describe the same plant. There are also coriander seeds - which come from the plant too, and you can find them whole or ground up into spices



Menu subject to change. Questions? Contact Barbara Wells, Supervisor of Food Services, at **609-893-5788** bwells@pemb.org This institution is an equal opportunity provider.

**PEMBERTON TOWNSHIP SCHOOLS
BREAKFAST MENU**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| | | 1 CEREAL OR MUFFIN CRACKER FRUIT AND MILK | 2 CEREAL OR POP-TART CRACKER FRUIT AND MILK | 3 CEREAL OR POP-TART CRACKER FRUIT AND MILK |
| 6 CEREAL OR POP-TART CRACKER FRUIT AND MILK | 7 CEREAL OR POP-TART CRACKER FRUIT AND MILK | 8 CEREAL OR MUFFIN CRACKER FRUIT AND MILK | 9 CEREAL OR POP-TART CRACKER FRUIT AND MILK | 10 CEREAL OR POP-TART CRACKER FRUIT AND MILK |
| 13 CEREAL OR POP-TART CRACKER FRUIT AND MILK | 14 CEREAL OR POP-TART CRACKER FRUIT AND MILK | 15 CEREAL OR MUFFIN CRACKER FRUIT AND MILK | 16 CEREAL OR POP-TART CRACKER FRUIT AND MILK | 17 JUNETEENTH NO SCHOOL |
| 20 CEREAL OR POP-TART CRACKER FRUIT AND MILK | 21 CEREAL OR POP-TART CRACKER FRUIT AND MILK | 22 | 23 | 24 |
| 27 | 28 | 29 | # | |

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.