

# PEMBERTON TOWNSHIP SCHOOLS ELEMENTARY AND NEWCOMB LUNCH MENU

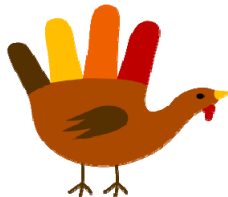




November 2019

All meals include choice of milk, juice, fruit & vegetables

MY  
SCHOOL  
BUCKS

PAY FOR MEALS ONLINE

 MySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MILK CHOICE OFFERED DAILY</p> <p>SKIM FF CHOCOLATE 1 % WHITE FF STRAWBERRY</p>		<p>FRUIT CHOICE OFFERED DAILY</p> <p>CANNED FRUIT 4 OZ. JUICE FRESH FRUIT</p>		<p><sup>1</sup> CHEESY PIZZA-30g CORN SALAD W/DRESSING</p>
<p><sup>4</sup> SPAGHETTI W/MEATBALLS-58g CARROTS ITALIAN VEGGIES</p>	<p><sup>5</sup> GRILLED CHEESE-31g TOMATO SOUP PEAS</p>	<p><sup>6</sup> TURKEY W/GRAVY-3g MASHED POTATOES CRANBERRY SAUCE GREEN BEANS &amp; ROLL-23g</p>	<p><sup>7</sup> NJEA CONVENTION NO SCHOOL</p>	<p><sup>8</sup> NJEA CONVENTION NO SCHOOL</p>
<p><i>Daily Alternates: Chicken Patty Sandwich-42g, Egg Salad Sandwich-29g or Peanut Butter &amp; Jelly-35g</i></p>				
<p><sup>11</sup> VETERANS' DAY NO SCHOOL</p> 	<p><sup>12</sup> PANCAKES W/SAUSAGE-26g HASH BROWN GREEN BEANS</p>	<p><sup>13</sup> NACHOS SUPREME-29g RICE-22g REFRIED BEANS SALSA &amp; SOUR CREAM</p>	<p><sup>14</sup> PRETZEL MELT-41g TURKEY RICE SOUP-26g CARROTS</p>	<p><sup>15</sup> PEPPERONI PIZZA-31g ROASTED BROCCOLI SWEET CORN</p>
<p><i>Daily alternates: BBQ Chicken Sandwich-39g; Tuna Sandwich-29g; Peanut Butter &amp; Jelly-35g</i></p>				
<p><sup>18</sup> POPCORN CHICKEN-15g MAC &amp; CHEESE-20g SPINACH</p>	<p><sup>19</sup> SOFT TACO W/CHEESE-28g BLACK BEAN SALSA RICE-22g - SOUR CREAM</p>	<p><sup>20</sup> CHICKEN PATTY SANDWICH-33g SWEET POTATOES GREEN BEANS <b>EARLY DISMISSAL</b></p>	<p><sup>21</sup> HOT DOG W/BUN-24g FRENCH FRIES CALIFORNIA VEGGIES <b>EARLY DISMISSAL</b></p>	<p><sup>22</sup> CHEESY PIZZA-30g CARROTS SALAD W/DRESSING <b>EARLY DISMISSAL</b></p>
<p><i>Daily Alternates: Sloppy Joe on Bun-32g, Ham &amp; Cheese Sandwich-41g or Peanut Butter &amp; Jelly-35g</i></p>				
<p><sup>25</sup> CORN DOG NUGGETS-31g BAKED BEANS GREEN BEANS <b>EARLY DISMISSAL</b></p>	<p><sup>26</sup> MEATBALL PARM SANDWICH-52g BUTTERED NOODLES-21g SPINACH <b>EARLY DISMISSAL</b></p>	<p><sup>27</sup> PIZZA BAGEL -32g ROASTED BROCCOLI CARROTS <b>EARLY DISMISSAL</b></p>	<p><sup>28</sup> THANKSGIVING NO SCHOOL</p> 	<p><sup>29</sup> NO SCHOOL</p> 
<p><i>Daily Alternates: Hot Dog on Bun-21g, Chicken Tortilla Wrap-21g or Peanut Butter &amp; Jelly-35g</i></p>				

**LUNCH PRICE \$2.85 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 ELEMENTARY AND NEWCOMB SCHOOLS BREAKFAST MENU

DAILY OFFERING
CHOOSE ONE
<b>ASSORTED CEREAL (Whole Grain) 46g</b> <b>BOILED EGG 1g</b> <b>CHEESE STICK 1g</b> <b>YOGURT 39g</b> <b>POPTART 37g</b> <b>Whole Grain MUFFIN 52g</b>
CHOOSE ONE
<b>GOLDFISH GIANT 19g</b> <b>GOLDFISH PRETZEL CRACKERS 16g</b>
CHOOSE ONE
<b>100 % FRUIT JUICE</b> <b>CANNED FRUIT</b> <b>FRESH FRUIT</b>
CHOOSE ONE
<b>MILK:</b> <b>FAT FREE FLAVORED MILK</b> <b>or 1% WHITE MILK</b>
<b>STUDENTS MUST TAKE 3 OUT OF THE 4 CHOICES. ONE MUST BE A FRUIT.</b>



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](mailto:bwells@pemb.org) or 609-893-7606.

BREAKFAST PRICE \$ 1.40, REDUCED PRICE .30, MILK .60 and JUICE .50.  
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER