

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

NEW DAILY ALTERNATES

Whole Grain Pizza - 30g, Chicken Patty Sandwich - 42g, Assorted Hoagies - 45g, Assorted Salads - 33g, PBJ - 56g or Yogurt Parfait - 38g.

All alternates include choice of fruit, vegetable, milk and/or juice.

Monday	Tuesday	Wednesday	Thursday	Friday
MILK CHOICE OFFERED DAILY SKIM FF CHOCOLATE 1 % WHITE FF STRAWBERRY	1 SPICY CHICKEN SANDWICH-43g CARROTS GREEN BEANS	2 CHEESESTEAK SANDWICH-37g PEPPERS & ONIONS BAKED BEANS	3 TURKEY FETTUCCINE ALFREDO-46g BROCCOLI CARROTS	4 WORLD SMILE DAY BIG DADDY PIZZA-34g SMILEY FRIES SALAD W/DRESSING
7 CHEESEBURGER W/BUN-25g PEPPERS & ONIONS POTATO WEDGES	8 SOFT TACO W/CHEESE-24g RICE-22g REFRIED BEANS SALSA & SOUR CREAM	9 GRILLED CHEESE-29g TOMATO SOUP SPINACH	10 TURKEY W/GRAVY-3g MASHED POTATOES CRANBERRY SAUCE CARROTS & ROLL-23g	11 STAFF IN SERVICE NO SCHOOL FOR STUDENTS
14 COLUMBUS DAY NO SCHOOL 	15 FRENCH TOAST-35G W/PORK SAUSAGE DICED POTATOES GREEN BEANS	16 TURKEY & CHEESE HOAGIE-42g CARROTS & DIP SPINACH CHIPS	17 HOT DOG W/BUN-21g SWEET POTATO FRIES BAKED BEANS	18 PEPPERONI PIZZA-35g SALAD W/DRESSING SWEET CORN
21 PRETZEL MELT-47g CARROT COINS SWEET CORN	22 SOFT TACO W/CHEESE-24g RICE-22g REFRIED BEANS SALSA & SOUR CREAM	23 SPAGHETTI W/MEATSAUCE-58g PEAS BROCCOLI	24 BBQ CHICKEN W/PASTA-23g CAULIFLOWER CARROTS	25 BIG DADDY PIZZA-34g STEAMED SPINACH MIXED VEGGIES
28 CHICKEN FAJITA OVER RICE-24g PEPPERS & ONIONS SWEET CORN	29 CHILI CHEESE FRIES-38g CORN BREAD-28g CARROTS & GREEN BEANS	30 SPICY CHICKEN SANDWICH-43g ROASTED BROCCOLI CAULIFLOWER	31 HALLOWEEN PRETZEL MELT-37g BAKED BEANS CARROTS 	FRUIT CHOICE OFFERED DAILY CANNED FRUIT 4 OZ. JUICE FRESH FRUIT

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE

🔗 [MySchoolBucks.com](https://www.myschoolbucks.com)

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

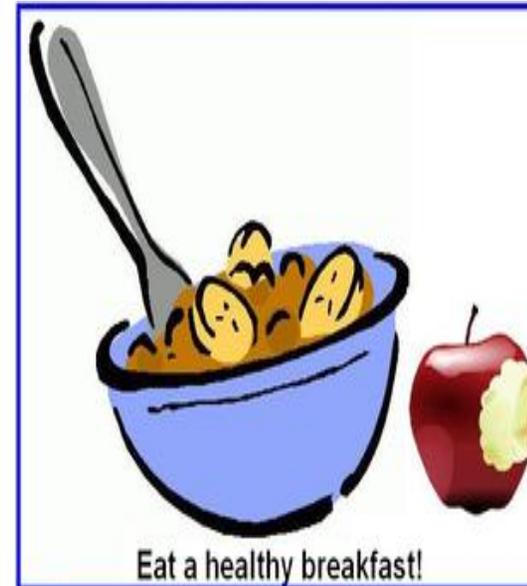
Questions, contact Barbara Wells, Supervisor, Food Services at 609-893-5788 or bwells@pemb.org This institution is an equal opportunity provider

PEMBERTON TOWNSHIP SCHOOLS MIDDLE & HIGH SCHOOL BREAKFAST MENU

DAILY OFFERING
CHOOSE ONE
BAGEL w/ CREAM CHEESE-57g OR
CHOOSE ONE
ASSORTED CEREALS-22g (Whole Grain, Reduced Sugar Cereal) OR Whole Grain POPTART-37g
CHOOSE ONE
PEANUT BUTTER CRACKERS 16g GOLDFISH GIANT 19g GRAHAM CRACKERS-16g
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