





PEMBERTON TOWNSHIP SCHOOLS
OCTOBER 2020
LUNCH MENU WITH ENTRÉE CARB COUNT

DAILY COLD OPTIONS:
 SANDWICH OF THE DAY OR PBJ
 MILK OFFERED DAILY





Monday	Tuesday	Wednesday	Thursday	Friday
			1 TERIYAKI CHICKEN-44g RICE-21g AND CARROTS	2 PEPPERONI PIZZA-31g SPINACH
5 CHICKEN PATTY SANDWICH-37g SWEET POTATOES	6 CHICKEN FAJITA W/RICE-45g BLACK BEAN SALSA	7 PANCAKES & EGGS-27g BROCCOLI	8 CHEESEBURGER W/BUN-28g SMILEY FRIES	9 CHEESY PIZZA-30g CARROTS
12 COLUMBUS DAY NO SCHOOL 	13 GRILLED CHEESE SANDWICH-31g TOMATO SOUP	14 BAKED ZITI-61g PEAS	15 PEPPERONI PIZZA-31g CARROTS	16 TATOR TOT BAKE-24g GREEN BEANS
19 HOT DOG W/BUN-21g SWEET POTATO FRIES	20 SOFT TACO W/CHEESE-28g RICE-21g & BEANS	21 FRENCH BREAD PIZZA-33g CARROTS	22 CHICKEN ALFREDO-25g BROCCOLI	23 MEATBALL SANDWICH-50g GREEN BEANS
26 BAGEL PIZZA-32g SWEET POTATO FRIES	27 SLOPPY JOE W/BUN-32g YAMS	28 OVEN ROASTED CHICKEN-3g MAC & CHEESE-20g	29 PULLED PORK SANDWICH-49g BAKED BEANS	30 CHICKEN NUGGETS-16g CARROTS

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
OCTOBER 2020
BREAKFAST MENU

MILK OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CEREAL OR POP-TART CRACKER FRUIT AND MILK	2 CEREAL OR POP-TART CRACKER FRUIT AND MILK
5 CEREAL OR POP-TART CRACKER FRUIT AND MILK	6 CEREAL OR POP-TART CRACKER FRUIT AND MILK	7 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	8 CEREAL OR POP-TART CRACKER FRUIT AND MILK	9 CEREAL OR POP-TART CRACKER FRUIT AND MILK
12 COLUMBUS DAY NO SCHOOL 	13 CEREAL OR POP-TART CRACKER FRUIT AND MILK	14 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	15 CEREAL OR POP-TART CRACKER FRUIT AND MILK	16 CEREAL OR POP-TART CRACKER FRUIT AND MILK
19 CEREAL OR POP-TART CRACKER FRUIT AND MILK	20 CEREAL OR POP-TART CRACKER FRUIT AND MILK	21 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	22 CEREAL OR POP-TART CRACKER FRUIT AND MILK	23 CEREAL OR POP-TART CRACKER FRUIT AND MILK
26 CEREAL OR POP-TART CRACKER FRUIT AND MILK	27 CEREAL OR POP-TART CRACKER FRUIT AND MILK	28 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	29 CEREAL OR POP-TART CRACKER FRUIT AND MILK	30 CEREAL OR POP-TART CRACKER FRUIT AND MILK

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