

**PEMBERTON TOWNSHIP SCHOOLS**



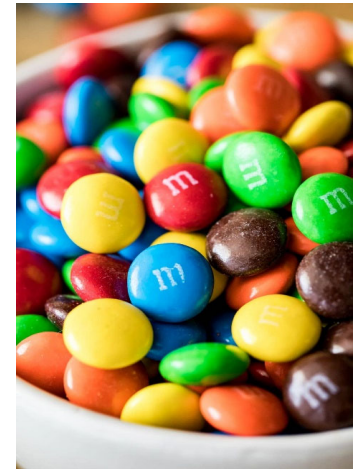
**HIGH SCHOOL & HELEN FORT OCTOBER 2022**

Lunch Menu w/ Entrée Carb Count - \$3.05

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HAM & EGG MUFFIN-31g Potatoes	4 PASTA W/MEATSAUCE-52g Salad w/Dressing	5 CHICKEN CAESAR WRAP-24g Green Beans	6 MEATBALL SANDWICH-50g Onion Rings Peppers & Onions	7 <b>NO SCHOOL STAFF IN-SERVICE</b>
10 <b>NO SCHOOL COLUMBUS DAY</b>	11 PRETZEL MELT-47g Sweet Potato Fries	12 CHICKEN TERIYAKI-44g Steamed Rice-24g Broccoli	13 PIZZA-30g Cauliflower	14 PULLED PORK SANDWICH-49g Pinto Beans
17 PANCAKES W/SAUSAGE-26g Hash Browns	18 HAM & CHEESE HOAGIE-45g Carrots w/Dip Potato chips	19 BEEF & BEAN BURRITO-30g Peppers & Onions	20 CHICKEN BBQ SANDWICH-27g Green Beans	21 HOT DOG W/BUN-21g Baked Beans
24 CHICKEN NUGGETS-16g Buttered Noodles-26g Carrots	25 TACO TUESDAY-28g Lettuce & Tomatoes Vegetarian Beans	26 PIZZA-30g Carrots	27 TATOR TOT BAKE-24g Peas Garlic Bread-12g	28 GRILLED CHEESE SANDWICH-31g Tomato Soup
31 <b>HAPPY HALLOWEEN</b> CHEESEBURGER W/BUN-28g Smile Fries			You Can Pay For Meals Online: <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a>  Apply for Free/Reduced Meals: <a href="http://www.myschoolapps.com">www.myschoolapps.com</a>	
Milk Choice Offered Daily: 1% WHITE FAT FREE CHOCOLATE	Fruit Choice Offered Daily: FRESH FRUIT CANNED FRUIT	<b>Multiple Entrée Options Available Daily!</b> <b>PB&amp;J, Fresh-Made Salads, Sandwiches, &amp; Cook's Choice</b>		

**FUN FACT!**

M & M's are named after their creators Mars & Murrie



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

# PEMBERTON TOWNSHIP SCHOOLS

## BREAKFAST MENU - OCTOBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk	<b>4</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk	<b>5</b> <b>CEREAL OR MUFFIN</b> Cracker, Fruit and Milk	<b>6</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk	<b>7</b> <b>NO SCHOOL</b> <b>STAFF IN-SERVICE</b>
<b>10</b> <b>NO SCHOOL</b> <b>COLUMBUS DAY</b>	<b>11</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk	<b>12</b> <b>CEREAL OR MUFFIN</b> Cracker, Fruit and Milk	<b>13</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk	<b>14</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk
<b>17</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk	<b>18</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk	<b>19</b> <b>CEREAL OR MUFFIN</b> Cracker, Fruit and Milk	<b>20</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk	<b>21</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk
<b>24</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk	<b>25</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk	<b>26</b> <b>CEREAL OR MUFFIN</b> Cracker, Fruit and Milk	<b>27</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk	<b>28</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk
<b>31</b> <b>CEREAL OR POPTART</b> Cracker, Fruit and Milk			You Can Pay For Meals Online: <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a>  Apply for Free/Reduced Meals: <a href="http://www.myschoolapps.com">www.myschoolapps.com</a>	
Milk Choice Offered Daily: 1% WHITE FAT FREE CHOCOLATE	Fruit Choice Offered Daily: FRESH FRUIT CANNED FRUIT			

The name for the month of October originates from the Latin word “octō”, which means “eight.” In the Roman calendar, October was the eighth month of the year. When January and February were added to the calendar after the Julian calendar reform, October became the tenth month of the year as we know it now.

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