


PEMBERTON TOWNSHIP SCHOOLS LUNCH MENU

SEPTEMBER 2020


Daily Cold Options:
Sandwich of the Day or PBJ
Milk Offered Daily

Monday	Tuesday	Wednesday	Thursday	Friday
	Free & Reduced Meal Applications available online at www.pemberton.k12.nj.us			
	8 FISH STICKS-11g POTATO WEDGES	9 HOT DOG ON A BUN-21g BAKED BEANS	10 SPAGHETTI W/MEAT SAUCE-52g GREEN BEANS	11 CHEESY PIZZA-30g BROCCOLI
14 PANCAKES W/SAUSAGE-26g SPINACH	15 SOFT TACO W/ CHEESE-28g RICE-21g & REFRIED BEANS	16 CHICKEN PATTY W/ BUN-37g SWEET POTATOES	17 GRILLED CHEESE-31g BABY CARROTS	18 FRENCH BREAD PIZZA-33g PEAS
21 CORN DOG NUGGETS-31g ROASTED BROCCOLI	22 BBQ CHICKEN SANDWICH-39g PASTA SALAD-38g	23 CHEESEBURGER ON A BUN-28g CARROTS	24 CHICKEN QUESADILLA-26g RICE-21g & BEANS	25 BAGEL PIZZA-32g CORN
28 CHICKEN NUGGETS-16g GREEN BEANS	29 CHEESY PASTA BAKE-61g SALAD	30 CHEESESTEAK SANDWICH-42g PEPPERS & ONIONS		

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

SEPTEMBER 2020 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Free & Reduced Meal Applications available online at www.pemberton.k12.nj.us			
	8 CEREAL OR POP-TART CRACKER FRUIT AND MILK	9 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	10 CEREAL OR POP-TART CRACKER FRUIT AND MILK	11 CEREAL OR POP-TART CRACKER FRUIT AND MILK
14 CEREAL OR POP-TART CRACKER FRUIT AND MILK	15 CEREAL OR POP-TART CRACKER FRUIT AND MILK	16 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	17 CEREAL OR POP-TART CRACKER FRUIT AND MILK	18 CEREAL OR POP-TART CRACKER FRUIT AND MILK
21 CEREAL OR POP-TART CRACKER FRUIT AND MILK	22 CEREAL OR POP-TART CRACKER FRUIT AND MILK	23 CEREAL OR MUFFIN CRACKER FRUIT AND MILK	24 CEREAL OR POP-TART CRACKER FRUIT AND MILK	25 CEREAL OR POP-TART CRACKER FRUIT AND MILK
28 CEREAL OR POP-TART CRACKER FRUIT AND MILK	29 CEREAL OR POP-TART CRACKER FRUIT AND MILK	30 CEREAL OR MUFFIN CRACKER FRUIT AND MILK		

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