


**PEMBERTON TOWNSHIP SCHOOLS
LUNCH MENU - SEPTEMBER 2019
ELEMENTARY AND NEWCOMB SCHOOLS**

**MY
SCHOOL
BUCKS**

PAY FOR MEALS ONLINE

 MySchoolBucks.com

Monday		Tuesday		Wednesday		Thursday		Friday	
Free & Reduced Meal Applications available online at www.pemberton.k12.nj.us						5 CHICKEN NUGGETS-18g BUTTERED NOODLES - 21g GREEN BEANS <i>Hot Dog on Bun - 21g, Tuna Sandwich-29g or PBJ - 35g</i>		6 CHEESY PIZZA-30g SWEET CORN STEAMED SPINACH	
9 POPCORN CHICKEN W/ ROLL- 35g CARROTS SWEET PEAS	C	10 TURKEY & CHEESE HOAGIE- 42g PASTA SALAD BAKED BEANS	D	11 GRILLED CHEESE SANDWICH- 29g TOMATO SOUP MIXED VEGGIES	E	12 SWEET & SOUR CHICKEN W/RICE- 42g FORTUNE COOKIE 16g ROASTED BROCCOLI	F	13 PEPPERONI PIZZA-31g SALAD W/DRESSING SWEET CORN	A
<i>Daily Alternates: Chicken Patty Sandwich - 42g, Egg Salad Sandwich-29g or Peanut Butter & Jelly - 35g</i>									
16 PASTA W/ MEAT SAUCE- 52g SEASONED GREEN BEANS ROASTED CAULIFLOWER	B	17 BBQ CHICKEN SANDWICH-39g ITALIAN VEGGIES SMILE FRIES	C	18 PRETZEL MELT- 37g SWEET PEAS BABY CARROTS	D	19 NACHOS SUPREME -21g STEAMED RICE BEANS	E	20 CHEESY PIZZA-30g STEAMED BROCCOLI DICED CARROTS	F
<i>Daily Alternates: Grilled Cheese - 29g, Turkey & Cheese Sandwich-32g or Peanut Butter & Jelly - 35g</i>									
23 CHICKEN NUGGETS- 18g BUTTERED NOODLES- 21g CARROT COINS	A	24 PANCAKES W/ SAUSAGE- 26g OVEN POTATOES GARBANZO BEANS	B	25 MEATBALL SANDWICH- 46g SEASONED GREEN BEANS BABY CARROTS	C	26 BAKED CHICKEN - 0g STEAMED SPINACH MAC & CHEESE - 21g	D	27 PEPPERONI PIZZA-31g SWEET PEAS SALAD W/DRESSING	E
<i>Daily Alternates: Cheeseburger on Bun - 25g, Ham & Cheese Sandwich-41g or Peanut Butter & Jelly - 35g</i>									
30 TATER TOT BAKE- 24g TORTILLA CHIPS-21g SWEET CORN SPINACH	F	ALL DAILY ALTERNATE MEALS INCLUDE CHOICE OF MILK, JUICE, FRUIT, & VEGETABLES MENU SUBJECT TO CHANGE THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.				MILK CHOICE OFFERED DAILY SKIM FF CHOCOLATE 1 % WHITE FF STRAWBERRY		FRUIT CHOICE OFFERED DAILY CANNED FRUIT 4 OZ. JUICE FRESH FRUIT	
<i>Daily Alternates: Hot Dog on Bun - 21g, Chicken Tortilla Wrap - 21g or Peanut Butter & Jelly - 35g</i>									

LUNCH PRICE \$2.85 REDUCED PRICE .40 MILK .60 JUICE .50

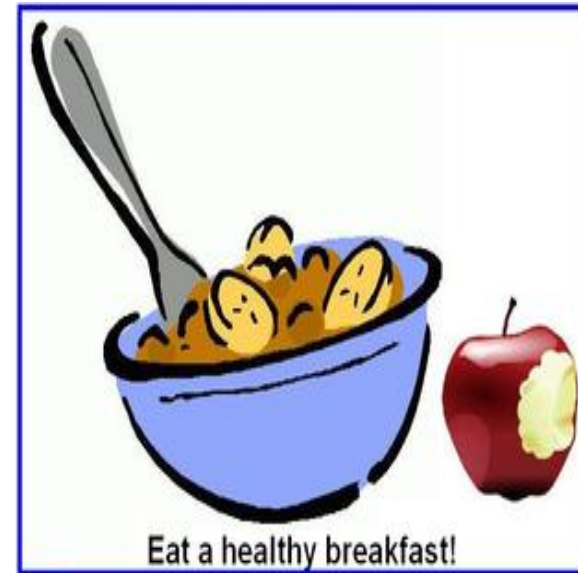
Questions, contact Barbara Wells, Supervisor, Food Services at 609-893-5788 or bwells@pemb.org

**PEMBERTON TOWNSHIP SCHOOLS
ELEMENTARY AND NEWCOMB SCHOOLS BREAKFAST MENU**

DAILY OFFERING
CHOOSE ONE
ASSORTED CEREAL (Whole Grain, Red. Sug) or BOILED EGG or CHEESE STICK or YOGURT or Whole Grain MUFFIN or POPTART
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 \$ 1.40, REDUCED PRICE .30, MILK .60 and JUICE .50.
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER