

# SEPTEMBER East Hanover

## Middle School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetable of  
the Month



Fruit of  
the Month



Pasta w/ Meatballs  
Pasta w/ Marinara Sauce  
& Cheese (V)  
Muffin Bento Box w/  
Yogurt & Apple (V)

All-Beef Hot Dog on a Bun  
w/ Tater Tots  
Chicken Nuggets w/ Tater  
Tots & a Dinner Roll

Pizza Calzone w/ Fries (V)  
Smoothie Bento Box w/  
Animal Crackers (V)  
Muffin Bento Box w/ Yogurt  
& a Juice Box (V)

**PIZZA DAY!**  
Pizza Parlor Pizza (V)

Weekly Alternate - Pizza Crunchers (V)

Baked Ziti w/ Garlic  
Bread(V)  
All-Beef Hot Dog on a Bun  
w/ Tater Tots  
Muffin Bento Box w/  
Yogurt & Apple (V)

**TACO TUESDAY**  
Chicken Tacos w/ Rice  
Pepperoni Stromboli  
Muffin Bento Box w/  
Yogurt & a Juice Box (V)

Meatball Hero  
Pancakes & Syrup (V)  
Muffin Bento Box w/ Yogurt  
& Apple (V)

**BEE DAY!**  
Toasted Bread  
topped w/ Ricotta, Fresh  
Basil & Local Honey (V)  
Chicken Nuggets w/ a Roll  
& Corn

**PIZZA DAY!**  
Pizza Parlor Pizza (V)

Weekly Alternate – Mozzarella Sticks w/ Marinara Sauce (V)

Pizza Bagel w/ Fries (V)  
Pizza Crunchers w/  
Cucumber Slices (V)

Cheese Quesadilla w/ Tater  
Tots (V)  
Popcorn Chicken Bowl w/  
Mashed Potatoes & Gravy

Macaroni & Cheese w/ Peas  
& Carrots & a Dinner Roll  
(V)  
Muffin Bento Box w/ Yogurt  
& a Juice Box (V)

Pasta w/ Meatballs  
Pasta w/ Marinara Sauce  
& Cheese (V)  
Muffin Bento Box w/  
Yogurt & Apple (V)

**PIZZA DAY!**  
Pizza Parlor Pizza (V)

Weekly Alternate – Build-A-Pizza Bento Box (V)

Chicken Nuggets w/ a Roll  
& Mixed Veggies  
Grilled Cheese Sandwich  
w/ Cucumber Slices

Hamburger or  
Cheeseburger on a Bun  
served w/ Tater Tots  
Fresh Peach Yogurt Parfait  
(V)

Taco Bento Box w/  
Seasoned Beef, Scoops  
Chips & Cheddar Cheese  
Pancakes w/Syrup & an  
Apple (V)

Weekly Alternate – Grilled Cheese Sandwich (V)

### Available Daily (Includes choice of sides)

- All-White Meat Chicken Tenders
- Chicken Caesar Salad
- Chef's Salad
- Bagel Bag w/ Yogurt & Cream Cheese  
or Butter (V)
- Parfaits (V)
- Chicken Sandwich
- Choice of Deli Sandwich
- Pizzeria Pizza

### A Complete Meal Includes:

Entrée w/ Protein/Grain  
**A Trip to The Farm Stand**

**(V) = Vegetarian**

*Menu Items Subject to Change*

### Sides Available Daily (Includes choices from the Farm Stand)

- Fresh Fruit from The Farm Stand
- Fresh Vegetables from The Farm Stand
- Baby Carrots
- Apple Slices
- Pretzels
- Cheese Sticks