

V = Vegetarian Ingredients
 GF = Gluten-Free Ingredients



OCTOBER

Elem. Lunch Menu

Mt Laurel
School District

DAILY ALTERNATES:

Assorted
Cereal & Yogurt



Choose 1 Entrée,
(3 Daily Specials & 1 Daily
Alternates for the Month)
Lunch Includes: **Protein ~ Grain**
~Fruit~ Veggie ~Milk
Choose at least 3 out of 5 components.
You must choose at least 1 fruit or
veggie.
You may take 2 fruit & 2
veggie choices!
Daily Fruit Offerings: Fresh,
Cupped, 100% Juice
We Use Whole Grain Products! All
Salads Come With a Grain.

Monday	Tuesday	Wednesday	Thursday	Friday
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CAFÉ CONTACT INFO:

Food Service Director: Laura D'Auito
 MTL@nsfm.com
 Phone: 856-234-1610 X 22014

Milk: Skim White, Skim Chocolate, Skim Strawberry, 1% White, Lactaid.
 *Menu subject to change

This institution is an equal opportunity provider.

Friday-October 1

Turkey & Cheese
 On a Club Roll
 PB & Jelly
 Spring Mix with Egg
Sides:
 Dark Green Veggie
 Fresh or Cupped Fruit

Meals are FULLY FUNDED by the USDA through June 30, 2022!!!

Monday-October 4	Tuesday-October 5	National Noodle Day!	Thursday-October 7	Friday-October 8
Hot Dog on a Bun Cheese Sandwich Spring Mix w/ Buffalo Chick <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit	Chicken Patty on Bun Turkey & Cheese on Club Spring Mix w/ Egg <u>Sides:</u> Veggie Patch 100% Fruit Juice	Hot Grilled Cheese American Hoagie & Chips Spring Mix w/ Bacon & Chick <u>Sides:</u> Cold "Other" Veggie Fresh or Cupped Fruit	Burger on a Bun Bagel & Yogurt Bag Spring Mix w/ Toco <u>Sides:</u> Veggie Patch 100% Fruit Juice	Hot Dog on a Bun PB & Jelly Uncrustable Spring Mix w/ Cheddar <u>Sides:</u> Dark Green Veggie Fresh or Cupped Fruit
Monday-October 11	Tuesday-October 12	Wednesday-October 13	Thursday-October 14	Friday-October 15
TEACHER'S IN SERVICE NO SCHOOL OR LUNCH	Chicken Patty on Bun Turkey & Cheese on Club Spring Mix w/ Egg <u>Sides:</u> Veggie Patch 100% Fruit Juice	Hot Grilled Cheese American Hoagie & Chips Spring Mix w/ Bacon & Chick <u>Sides:</u> Cold "Other" Veggie Fresh or Cupped Fruit	Burger on a Bun Bagel & Yogurt Bag Spring Mix w/ Toco <u>Sides:</u> Cold Veggie 100% Fruit Juice	Hot Dog on a Bun PB & Jelly Uncrustable Spring Mix w/ Cheddar <u>Sides:</u> Dark Green Veggie Fresh or Cupped Fruit
Monday-October 18	Tuesday-October 19	Wednesday-October 20	International Nacho Day!	Friday-October 22
Hot Dog on a Bun Cheese Sandwich Spring Mix w/ Buffalo Chick <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit	Chicken Patty on Bun Turkey & Cheese on Club Spring Mix w/ Egg <u>Sides:</u> Veggie Patch 100% Fruit Juice	Hot Grilled Cheese American Hoagie & Chips Spring Mix w/ Bacon & Chick <u>Sides:</u> Cold "Other" Veggie Fresh or Cupped Fruit	Burger on a Bun Bagel & Yogurt Bag Spring Mix w/ Toco <u>Sides:</u> Veggie Patch 100% Fruit Juice	Hot Dog on a Bun PB & Jelly Uncrustable Spring Mix w/ Cheddar <u>Sides:</u> Dark Green Veggie Fresh or Cupped Fruit
Monday-October 25	National Pumpkin Day!	Wednesday-October 27	Thursday-October 28	National Breadstick Day
Hot Dog on a Bun Cheese Sandwich Spring Mix w/ Buffalo Chick <u>Sides:</u> Carrots w/ Hummus Fresh or Cupped Fruit	Chicken Patty on Bun Turkey & Cheese on Club Spring Mix w/ Egg <u>Sides:</u> Veggie Patch 100% Fruit Juice	Hot Grilled Cheese American Hoagie & Chips Spring Mix w/ Bacon & Chick <u>Sides:</u> Cold "Other" Veggie Fresh or Cupped Fruit	Burger on a Bun Bagel & Yogurt Bag Spring Mix w/ Toco <u>Sides:</u> Veggie Patch 100% Fruit Juice	Hot Dog on a Bun PB & Jelly Uncrustable Spring Mix w/ Cheddar <u>Sides:</u> Dark Green Veggie Fresh or Cupped Fruit