

**V** = Vegetarian Ingredients **GF** = Gluten-Free Ingredients



**DAILY ALTERNATES:**  
Grilled Cheese Sandwich

Choose 1 Entrée.  
(3 Daily Specials & 2 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.

# NOVEMBER

## Pre-K & K Lunch Menu

Mount Laurel School District



Peace ♥ Love ♥ Pumpkin

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

Monday-November 1	Tuesday-November 2	Wednesday-November 3	Thursday-November 4	Friday-November 5
<b>Chicken &amp; Cheese</b> Quesadilla Cheese Sandwich Spring Mix w/egg <u>Sides:</u> Carrots Fruit: Fresh/Cupped/100% Juice	<b>Pancakes w/syrup</b> American Hoagie w/chips Spring Mix w/bacon & chicken <u>Sides:</u> Veggie Patch Fruit: Fresh/Cupped/100% Juice	<b>Pasta w/meat sauce</b> Turkey & Cheese on Club Spring Mix w/cheese <u>Sides:</u> Hot or Cold "Other" Veggie Fruit: Fresh/Cupped/100% Juice	NO SCHOOL	NO SCHOOL
Monday-November 8	Tuesday-November 9	Wednesday-November 10	Thanksgiving Preview!	Friday-November 12
<b>Chicken &amp; Cheese</b> Quesadilla Cheese Sandwich Spring Mix w/egg <u>Sides:</u> Carrots Fruit: Fresh/Cupped/100% Juice	<b>Pancakes w/syrup</b> American Hoagie w/chips Spring Mix w/bacon & chicken <u>Sides:</u> Veggie Patch Fruit: Fresh/Cupped/100% Juice	<b>Pasta w/meat sauce</b> Turkey & Cheese on Club Spring Mix w/cheese <u>Sides:</u> Hot or Cold "Other" Veggie Fruit: Fresh/Cupped/100% Juice	<b>Fish Sticks w/tartar sauce</b> Bagel & Yogurt Bag Spring Mix w/taco meat <u>Sides:</u> Veggie Patch Fruit: Fresh/Cupped/100% Juice	<b>Chicken Fajita over Rice</b> Cheese Sandwich Spring Mix w/buffalo chicken <u>Sides:</u> Broccoli Fruit: Fresh/Cupped/100% Juice
Cel. Nat'l Pickle Day!	Tuesday-November 16	Wednesday-November 17	Nat'l Apple Cider Day!	Friday-November 19
<b>Chicken &amp; Cheese</b> Quesadilla Cheese Sandwich Spring Mix w/egg <u>Sides:</u> Carrots Fruit: Fresh/Cupped/100% Juice	<b>Pancakes w/syrup</b> American Hoagie w/chips Spring Mix w/bacon & chicken <u>Sides:</u> Veggie Patch Fruit: Fresh/Cupped/100% Juice	<b>Pasta w/meat sauce</b> Turkey & Cheese on Club Spring Mix w/cheese <u>Sides:</u> Hot or Cold "Other" Veggie Fruit: Fresh/Cupped/100% Juice	<b>Fish Sticks w/tartar sauce</b> Bagel & Yogurt Bag Spring Mix w/taco meat <u>Sides:</u> "Veggie Patch" Fruit: Fresh/Cupped/100% Juice	<b>Single Session</b> <b>NO LUNCH SERVED</b>
Monday-November 22	Tuesday-November 23	Wednesday-November 24	Thursday-November 25	Friday-November 26
<b>Single Session</b> <b>NO LUNCH SERVED</b>	<b>Single Session</b> <b>NO LUNCH SERVED</b>	<b>Single Session</b> <b>NO LUNCH SERVED</b>	<b>HAPPY THANKSGIVING</b> <b>NO SCHOOL</b>	<b>NO SCHOOL</b>
Cel. Nat'l French Toast Day!	Tuesday-November 30	<b>CAFÉ CONTACT INFO:</b> Food Service Director: Laura D'Aiuto ldaiuto@mtlaurelschools.org Phone: 856-234-1610 ext. 22014 Milk: Skim White, Skim Chocolate, 1% White, *Menu subject to change. Supply chain issues continue to permeate the food service industry leading to product stockouts. We are doing our best to serve what is menued & when that is not possible choosing the best possible substitute. <b>This institution is an equal opportunity provider.</b>		
<b>French Toast</b> Cheese Sandwich Spring Mix w/egg <u>Sides:</u> Carrots Fruit: Fresh/Cupped/100% Juice	<b>Pancakes w/syrup</b> American Hoagie w/chips Spring Mix w/bacon & chicken <u>Sides:</u> Veggie Patch Fruit: Fresh/Cupped/100% Juice			