

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



DAILY ALTERNATES:
Grilled Cheese Sandwich

NOVEMBER

Lunch Menu

Mount Laurel
School District



Peace ♥ Love ♥ Pumpkin

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.
Click here to view your lunch account:
www.schoolpaymentportal.com

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
Chicken & Cheese Quesadilla Cheese Sandwich Spring Mix w/egg <u>Sides:</u> Carrots Fruit: Fresh/Cupped/100% Juice	Pancakes w/syrup American Hoagie w/chips Spring Mix w/bacon & chicken <u>Sides:</u> Veggie Patch Fruit: Fresh/Cupped/100% Juice	Pasta w/meat sauce 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
Chicken & Cheese Quesadilla Cheese Sandwich Spring Mix w/egg <u>Sides:</u> Carrots Fruit: Fresh/Cupped/100% Juice	Pancakes w/syrup American Hoagie w/chips Spring Mix w/bacon & chicken <u>Sides:</u> Veggie Patch Fruit: Fresh/Cupped/100% Juice	Pasta w/meat sauce Turkey & Cheese on Club Spring Mix w/cheese <u>Sides:</u> Hot or Cold "Other" Veggie Fruit: Fresh/Cupped/100% Juice	Fish Sticks w/tartar sauce Bagel & Yogurt Bag Spring Mix w/taco meat <u>Sides:</u> Veggie Patch Fruit: Fresh/Cupped/100% Juice	Chicken Fajita over Rice 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
Chicken & Cheese Quesadilla Cheese Sandwich Spring Mix w/egg <u>Sides:</u> Carrots Fruit: Fresh/Cupped/100% Juice	Pancakes w/syrup American Hoagie w/chips Spring Mix w/bacon & chicken <u>Sides:</u> Veggie Patch Fruit: Fresh/Cupped/100% Juice	Pasta w/meat sauce Turkey & Cheese on Club Spring Mix w/cheese <u>Sides:</u> Hot or Cold "Other" Veggie Fruit: Fresh/Cupped/100% Juice	Fish Sticks w/tartar sauce Bagel & Yogurt Bag Spring Mix w/taco meat <u>Sides:</u> "Veggie Patch" Fruit: Fresh/Cupped/100% Juice	Single Session NO LUNCH SERVED
Monday-November 22	Tuesday-November 23	Wednesday-November 24	Thursday-November 25	Friday-November 26
Single Session NO LUNCH SERVED	Single Session NO LUNCH SERVED	Single Session NO LUNCH SERVED	HAPPY THANKSGIVING NO SCHOOL	NO SCHOOL
Cel. Nat'l French Toast Day!	Tuesday-November 30	CAFÉ CONTACT INFO: 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. This institution is an equal opportunity provider.		
French Toast Cheese Sandwich Spring Mix w/egg <u>Sides:</u> Carrots Fruit: Fresh/Cupped/100% Juice	Pancakes w/syrup American Hoagie w/chips Spring Mix w/bacon & chicken <u>Sides:</u> Veggie Patch Fruit: Fresh/Cupped/100% Juice			