

Pitman High School

January 2018

You can pay for your child's lunch on-line.

Log on to www.payforit.net

Nutrition Tip of the Month:

Eat a variety of foods from the 5 food groups every day - fruit, vegetables, bread and cereals, meat or meat alternatives and dairy foods. This will give you all the energy, vitamins and minerals your body needs.

The Five components of a "school meal" are: **Protein, Vegetables, Fruit, Grain, & Milk**
In order for your child's lunch to count as a school meal, regardless of lunch status, They must select at least 3 different food components, one of which is a fruit or vegetable.

Monday



8 Hot Sausage Parm Sandwich
 Corn
 Daily or Fresh fruit

15 SCHOOLS CLOSED
 MARTIN LUTHER KING JR DAY

22 Baked Chicken
 Parsley Potatoes
 Daily or Fresh Fruit

29 MID TERM LUNCH TO GO
 Hoagie, PB & Jelly OR
 Sausage/Egg/Cheese Bagel
 Bag Carrots/Dip
 Fresh Fruit

Available Daily

Daily Entrée
 Hot Sandwiches
 Cold Sandwiches
 Made to Order Cold Sandwich Bar
 Salad Variety

Tuesday

2 Cheeseburger/Bun
 Baked Beans
 Daily or Fresh Fruit

NEW ITEM
Chicken & Cheese Quesadilla
Chicken Noodle Soup
 Bag Carrots/Dip
 Daily or Fresh Fruit

NEW ITEM
Bacon Cheeseburger/Bun
 Baked Beans
 Daily or Fresh fruit

23 Taco Boat
 Bean Salad
 Daily or Fresh Fruit

30 MID TERM LUNCH TO GO
 Hoagie, PB & Jelly OR
 Sausage/Egg/Cheese Bagel
 Bag Carrots/Dip
 Fresh Fruit

Wednesday

3 Big Daddy's Pizza
 Salad
 Daily or Fresh Fruit

10 Big Daddy's Pizza
 Romaine Salad
 Daily or Fresh Fruit

17 Big Daddy's Pizza
 Bag Carrots/Dip
 Daily or Fresh fruit

24 Big Daddy's Pizza
 Salad
 Daily or Fresh Fruit

31 MID TERM LUNCH TO GO
 Hoagie, PB & Jelly OR
 Sausage/Egg/Cheese Bagel
 Bag Carrots/Dip
 Fresh Fruit

Thursday

4 Popcorn Chicken
 Spinach
 Daily or Fresh Fruit

11 Chicken Patty Sandwich
 Baked Beans
 Daily or Fresh Fruit

18 Chicken Nuggets
 Potato Salad
 Daily or Fresh fruit

25 MID TERM LUNCH TO GO
 Hoagie, PB & Jelly OR
 Sausage/Egg/Cheese Bagel
 Bag Carrots/Dip
 Fresh Fruit



Friday

5 Cheese Steak
 Tater Tots
 Daily or Fresh Fruit

12 American Hoagie
 Celery Sticks/Dip
 Daily or Fresh Fruit
EARLY DISMISSAL
TEACHER PROFESSIONAL
DEVELOPMENT

19 Pasta/Meatballs
 Salad
 Daily or Fresh fruit

26 MID TERM LUNCH TO GO
 Hoagie, PB & Jelly OR
 Sausage/Egg/Cheese Bagel
 Bag Carrots/Dip
 Fresh Fruit



Lunch Price

\$3.30 Paid
 \$.40 Reduced

A La Carte

Any Entrée \$4.00 - French Fries \$2.00 - Soup \$2.25 - Fresh Fruit \$.75 - Fruit or Veg (8oz) \$1.00 - Ice Cream \$1.35 - Chips,, Cookies, etc. \$.75 - Extra Milk \$.60 - 100% Juice \$1.00 - Bottled Water \$1.50 - Sparkling Ice \$2.00

Menu is subject to change

IF SENDING A CHECK, PLEASE MAKE PAYABLE TO PITMAN CAFETERIA

For questions regarding the school lunch program, contact:

Joelle Sweigart - Phone #: 856-589-0718 or Email: jsweigart@pitman.k12.nj.us