

Pitman High School

November 2018

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

Log on to:

www.payschoolscentral.com

Nutrition Tip of the Month:

Include Whole Grains. Aim to make at least half your grains whole grains. Whole grains provide more nutrients, like fiber, than refined grains.

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



Give Thanks!
NEW ITEM
Meatball Sandwich
EMOJI POTATOES
Daily or Fresh Fruit

12 Chicken Fingers
Sweet Potatoes
Daily or Fresh Fruit

19 Corn Dog
Emoji Potatoes
Daily or Fresh Fruit

26 Macaroni & Cheese
Carrots
Daily or Fresh Fruit

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

Tuesday



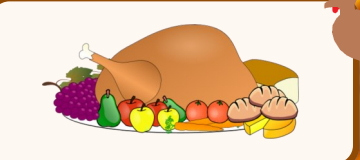
7 Chicken Patty/Bun
Baked Beans
Daily or Fresh Fruit

Give Thanks!
NEW ITEM
Mozzarella Breadsticks
Tomato Soup
Celery Sticks/Dip
Daily or Fresh Fruit

20 Tangerine Chicken with Rice
Fortune Cookie
Broccoli
Daily or Fresh Fruit

27 BBQ Chicken Cheesesteak
Baked Beans
Daily or Fresh Fruit

Wednesday



8 Big Daddy's Pizza
Carrots
Daily or Fresh Fruit

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

21 Big Daddy's Pizza
Celery Sticks/Dip
Daily or Fresh Fruit
Sundae Cup

28 Big Daddy's Pizza
Salad
Daily or Fresh Fruit

Thursday

1 Chicken Nuggets
Spinach
Daily or Fresh Fruit

9 **SCHOOLS CLOSED FOR STUDENTS**
TEACHER PROFESSIONAL DEVELOPMENT

15 Hot Turkey Sandwich
Mashed Potatoes
Daily or Fresh Fruit

22 **SCHOOLS CLOSED**
Happy Thanksgiving

29 Popcorn Chicken
Broccoli
Daily or Fresh Fruit

Friday

2 Pizza Crunchers
Cucumber Slices/Dip
Daily or Fresh Fruit

10 **SCHOOLS CLOSED FOR STUDENTS**
TEACHER PROFESSIONAL DEVELOPMENT

16 Bacon Cheeseburger
Baked Beans
Daily or Fresh Fruit

23 **SCHOOLS CLOSED**
THANKSGIVING RECESS

30 Mc Pitman Burger
Tater Tots
Daily or Fresh Fruit

A La Carte
Any Entrée \$4.15-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

Lunch Price
\$3.35Paid
\$.40 Reduced

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