

Pitman High School

October 2018

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

Log on to:

www.payschoolscentral.com

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.

Nutrition Tip of the Month:

Satisfy your sweet tooth in a healthy way. Indulge in naturally sweet desserts—like fruits! They're full of the vitamins your body needs, in addition to being tasty treats.

Monday



1 Chicken & Cheese Quesadilla
Corn
Daily or Fresh Fruit



15 Hot Sausage Parmesan Sandwich
Carrots
Daily or Fresh Fruit



22 Chicken Parmesan
Mashed Potatoes
Daily or Fresh Fruit



29 Meatball Sandwich
Corn
Daily or Fresh Fruit

Available Daily

Daily Entrée
Hot Sandwiches
Cold Sandwiches

Made to Order Cold Sandwich Bar
Salad /Variety

Tuesday



2 Taco Boat
Bean Salad
Daily or Fresh Fruit



9 McPitman Burger
Baked Beans
Daily or Fresh Fruit



23 Nacho Taco
Bean Salad
Daily or Fresh Fruit



30 **BBQ Chicken Cheese Steak**
Baked Beans
Daily or Fresh Fruit

Wednesday



3 Big Daddy's Pizza
Salad
Daily or Fresh Fruit



10 Big Daddy's Pizza
Bag Carrots/Dip
Daily or Fresh Fruit



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



24 Big Daddy's Pizza
Bag Carrots/Dip
Daily or Fresh Fruit



37 Big Daddy's Pizza
Bag Carrots/Dip
Daily or Fresh Fruit
Sundae Cup
HAPPY HALLOWEEN

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

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

Thursday



4 Chicken Patty/Bun
Carrots
Daily or Fresh Fruit



11 Chicken Fingers
Spinach
Daily or Fresh Fruit



18 Chicken Nuggets
Corn
Daily or Fresh Fruit



25 Popcorn Chicken
Broccoli
Daily or Fresh Fruit



Friday



5 **SCHOOLS CLOSED FOR STUDENTS TEACHER PROFESSIONAL DEVELOPEMENT**



12 Cheese Steak
Tater Tots
Daily or Fresh Fruit



19 Corn Dog
Baked Beans
Daily or Fresh Fruit



26 Macaroni & Cheese
Green Beans
Daily or Fresh Fruit



Lunch Price

\$3.35 Paid
\$.40 Reduced