

# Pitman High School

## September 2017

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

Log on to [www.payforit.net](http://www.payforit.net)

Nutrition Tip of the Month:

**Try to eat slowly.** Your body can detect hunger and fullness better when food is eaten at a slower pace. Also, before going for a second helping, try to wait a few minutes to see if you truly are still hungry.

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

### Tuesday

### Wednesday

### Thursday

### Friday



**Welcome Back!**  
*It's going to be a great year!*



11 Cheeseburger  
 Baked Beans  
 Daily or Fresh Fruit

12 Meatball Sandwich  
 Green Beans  
 Daily or Fresh Fruit

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

7 Chicken Fingers  
 Tater Tots  
 Daily or Fresh Fruit

8 Pizza Crunchers  
 Cucumber Slices/Dip  
 Daily or Fresh Fruit

18 Funnel Cake  
 Sausage Patty  
 Hash Brown  
 Daily or Fresh Fruit

19 Nacho Taco  
 Bean Salad  
 Daily or Fresh Fruit

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

14 Chicken Patty Sandwich  
 Carrots  
 Daily or Fresh Fruit

15 Pasta/Meat/Brown Gravy  
 Cheese Stick  
 Corn  
 Daily or Fresh Fruit

25 Sausage/Egg/Cheese  
 Bagel  
 Hash Brown  
 Daily or Fresh Fruit

26 Cheese Steak  
 Baked Beans  
 Daily or Fresh Fruit

20 Big Daddy's Pizza  
 Celery Sticks/Dip  
 Daily or Fresh Fruit

21 Chicken Nuggets  
 Broccoli  
 Daily or Fresh Fruit

22 Macaroni & Cheese  
 Stewed Tomatoes  
 Daily or Fresh Fruit

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

28 Popcorn Chicken  
 Green Beans  
 Daily or Fresh Fruit

#### Available Daily

Hot Daily Entrée  
 Hot Sandwiches  
 Cold Sandwiches

Made to Order Cold Sandwich Bar  
 Salad /Variety

#### A La Carte

Any Entrée \$4.10-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](mailto:jsweigart@pitman.k12.nj.us)

#### Lunch Price

\$3.30 Paid  
 \$.40 Reduced