

# Pitman High School

## September 2018

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

Log on to:  
[www.payschoolscentral.com](http://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:

**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.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**Welcome Back!**

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



5 Funnel Cake  
Sausage Patty  
Hash Browns  
Daily or Fresh Fruit  
**EARLY DISMISSAL**

6 Chicken Patty/Bun  
Green Beans  
Daily or Fresh Fruit

7 Macaroni & Cheese  
Stewed Tomatoes  
Daily or Fresh Fruit

10 Chicken & Cheese Quesadilla  
Corn  
Daily or Fresh Fruit

11 Cheeseburger  
Baked Beans  
Daily or Fresh Fruit

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

13 Chicken Fingers  
Broccoli  
Daily or Fresh Fruit

14 Pasta/Meatballs  
Salad  
Daily or Fresh Fruit

17 Baked Chicken  
Parsley Potatoes  
Daily or Fresh Fruit

18 Nacho Taco  
Bean Salad  
Daily or Fresh Fruit

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

20 Popcorn Chicken  
Spinach  
Daily or Fresh Fruit

21 Pizza Crunchers  
Cucumber Slices/Dip  
Daily or Fresh Fruit

24 Hot Sausage Parmesan Sandwich  
Roasted Potatoes  
Daily or Fresh Fruit

25 Corn Dog  
Baked Beans  
Daily or Fresh Fruit

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

27 Chicken Nuggets  
Broccoli  
Daily or Fresh Fruit

28 Cheese Steak  
Carrots  
Daily or Fresh Fruit

Back to School, Back to Lunch!



#### Available Daily

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

#### A La Carte

Any Entrée \$4.15-Extra Entrée \$1.75-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 & Snapple Diet Tea \$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**  
**\$3.35 Paid**  
**\$.40 Reduced**