JANUARY 2019

MILLTOWN

Parkview School, 80 Violet Terrace,
Milltown, NJ 08850
732-214-2365

POMPTONIAN FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Local Sweet Potatoes		**Fruits & vegetables from The Farm Stand are included with lunch.**		**Traditional Lunch:** $2.90 **Reduced Price Lunch:** $0.40
	1	2 Meatball Parmesan Hero Roasted Cauliflower New Year Sticker Free w/ Lunch	3 Hamburger or Cheeseburger on a Bun Sweet Potato Fries	4 Domino's Pizza Caesar Salad
			Weekly Alternate: Baked Chicken Nuggets with a Roll	
7 Popcorn Chicken with Dip & a Roll Cucumber Slices	8 Baked Mozzarella Sticks with Marinara Sauce Garbanzo Beans	9 Macaroni & Cheese with a Roll Steamed Broccoli	10 French Toast Sticks with a Cheese Omelet Tater Tots 100% Fruit Juice	11 Pasquale's Pizzeria Pizza Baby Carrots with Dip
		Weekly Alternate: Cheesesteak Hero		
14 Chicken Tenders with Dip & a Roll Sweet Potato Fries	15 Hot Dog on a Bun Baked Beans	16 Stuffed Cheese Shells with a Roll Caesar Salad	17 Meatball Parmesan Hero Baked Oven Fries	18 Domino's Pizza Celery Sticks with Dip
Weekly Alternate: Mozzarella Stuffed Breadstick with Marinara Sauce				
21 SCHOOLS CLOSED	22 Baked Chicken Nuggets with a Dinner Roll Tater Tots Free Polar Bear Eraser w/ Lunch	23 French Toast Sticks with a Turkey Sausage Patty Sweet Potato Fries 100% Fruit Juice	24 Baked Mozzarella Sticks with Marinara Sauce Steamed Broccoli	25 Pasquale's Pizzeria Pizza Garden Salad
			Weekly Alternate: Hamburger or Cheeseburger on a Bun	
28 Cheesesteak on a Bun with Oven-Baked Fries	29 Macaroni & Cheese with a Roll Green Beans	30 Chicken Patty on a Bun Garbanzo Beans	31 Cheese Pizza Bagel Carrot Coins	
		Weekly Alternate: Chicken Tenders with Dip & a Roll		

ALSO AVAILABLE DAILY

SALAD LUNCH (each salad includes Sliced French Bread)
Chef's Salad: Tossed Greens with Turkey, Ham & Cheese
Chicken Caesar Salad: Tossed Greens with Sliced Chicken & Caesar Dressing

BAGEL MEAL
Bagel with Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand

CEREAL LUNCH
Cereal, Fun-Size Pretzels, Low-Fat Cheese & a Trip to The Farm Stand

PEANUT BUTTER & JELLY SANDWICH

DELI SANDWICH
Week 1: Turkey & Cheese on a Kaiser Roll with Lettuce & Tomato
Week 2: Italian Mini Hero with Ham, Salami, Provolone Cheese, Lettuce & Tomato
Week 3: Ham & Cheese on a Kaiser Roll with Lettuce & Tomato
Week 4: Turkey Breast on a Kaiser Roll with Lettuce & Tomato
Week 5: Tuna on a Kaiser Roll with Lettuce & Tomato

Note: If a child has not prepaid and has no money, he/she will be given a PB&J Sandwich Meal & an IOU will be sent home.

TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS
• Cash • Check • On-line
Visit "payforit.net"

A Complete Lunch Includes:
Entrée (with Protein/Grain)
Trip to The Farm Stand
(students must select at least a serving of fruit or vegetable)
Milk Choice: 1% White, Skim, or Non-Fat Chocolate
Menu Subject to Change
Your comments are important to us. Please e-mail us at comments@pomptonian.com

At least 50% of All Grains served w/ your meal are Whole Grain Rich

Local Granny Smith Apples

"This institution is an equal opportunity provider."