



JANUARY MILLTOWN

2020

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Locally Grown Purple Potatoes	 Locally Grown Asian Pears	 Happy New Year	Fruits & vegetables from The Farm Stand are included with lunch.	
			1 Hot Dog on a Bun Baked Beans	2 Maria's Pizza Baby Carrots
Weekly Alternate: Pizza Cruncher				
6 Cheese Pizza Bagel with Diced Carrots	7 Nachos Grande with Beef Taco Meat, Cheese, Corn & Black Beans	8 Mini Panacakes with Pork Sausage & Mandarin Oranges	9 Hamburger or Cheeseburger on a Bun Sweet Potato Fries	10 Domino's Pizza Caesar Salad
Weekly Alternate: Baked Chicken Nuggets with a Roll				
13 Grilled Cheese Sandwich & a Cup of Tomato Soup	14 Baked Mozzarella Sticks with Marinara Sauce Corn on the Cob	15 Ravioli & Meatball with Peas & a Dinner Roll	16 French Toast Sticks with a Cheese Omelet 100% Fruit Juice	17 Maria's Pizza Baby Carrots with Dip
Weekly Alternate: Popcorn Chicken with a Dinner Roll				
NO SCHOOL 	21 Hot Dog on a Bun Baked Beans	22 Macaroni & Cheese with a Roll & Caesar Salad	23 Chicken Patty on a Bun Oven-Baked Fries Free Polar Bear Eraser w/ Lunch	24 Domino's Pizza Celery Sticks with Dip
Weekly Alternate: Barbecue Ribbie on a Bun				
27 Baked Chicken Nuggets with Green Beans & Tater Tots	28 Nachos Grande with Turkey Taco Meat, Cheese, Black Beans, Salsa & Sour Cream	29 Grilled Cheese Sandwich & a Cup of Tomato Soup	30 Baked Mozzarella Sticks with Marinara Sauce Steamed Broccoli	31 Maria's Pizza Garden Salad
Weekly Alternate: Hamburger or Cheeseburger on a Bun				

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

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

TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS

- Cash • Check • On-line
- Visit "payforit.net"

FOOD ALLERGIES

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.

"This institution is an equal opportunity provider."