








# NOVEMBER MILLTOWN

2019

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div style="border: 1px solid green; padding: 5px;">Fruits &amp; vegetables from The Farm Stand are included with lunch.</div>	
<p>4</p> <p>Baked Chicken Nuggets with a Dinner Roll Tater Tots</p>	<p>5</p> <p><b>Election Day</b> </p> <p>Nachos Grande with Turkey Taco Meat, Cheese, Black Beans, Salsa &amp; Sour Cream</p>	<p>6</p> <p>French Toast Sticks with an Egg Patty Sweet Potato Fries 100% Fruit Juice</p>	<p>7</p>	<p>8</p> <p>Domino's Pizza Celery Sticks with Dip</p>
<div style="border: 1px solid orange; padding: 2px;">Weekly Alternate: Hamburger or Cheeseburger on a Bun</div>			<div style="background-color: yellow; border: 1px solid black; padding: 10px; text-align: center;"> <b>NJEA Convention No School</b> </div>	
<p>11</p> <p>Cheese Pizza Bagel Carrot Coins</p>	<p>12</p> <p>Macaroni &amp; Cheese with a Roll Green Beans</p>	<p>13</p> <p>Pizza Crunchers with Green Beans &amp; a Roll</p>		
<div style="border: 1px solid orange; padding: 2px; text-align: center;">Weekly Alternate: Chicken Tenders with Dip &amp; a Roll</div>				
<p>18</p> <p>Popcorn Chicken with Dip &amp; a Roll Tater Tots</p>	<p>19</p> <p><b>Pre-Thanksgiving Lunch</b></p> <p>Oven Roasted Turkey with Gravy, Sweet Potato Fries, Corn on the Cob &amp; a Roll</p>	<p>20</p> <p>Early Dismissal No Lunch</p>	<p>21</p> <p>Early Dismissal No Lunch</p>	<p>22</p> <p>Francesco Pizzeria Pizza Roasted Cauliflower</p>
<div style="border: 1px solid orange; padding: 2px;">Weekly Alternate: Pizza Crunchers</div>			<p>28</p> <p>29</p> <p style="font-size: 2em; color: orange;">Happy Thanksgiving </p>	
<p>25</p> <p>Cheese Pizza Bagel Oven Fries</p>	<p>26</p> <p>Nachos Grande with Turkey Taco Meat, Cheese, Black Beans, Salsa &amp; Sour Cream</p>	<p>27</p> <p>Early Dismissal No Lunch</p>		
<div style="border: 1px solid orange; padding: 2px;">Weekly Alternate: Baked Chicken Nuggets with a Roll</div>				

**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 & Cheese on a Kaiser Roll with Lettuce & Tomato
- Week 2: Turkey Breast on a Kaiser Roll with Lettuce & Tomato
- Week 3: Tuna on a Kaiser Roll with Lettuce & Tomato
- Week 4: Ham on a Wrap with Lettuce & Tomato
- Week 5: Turkey & Cheese on a Kaiser Roll with Lettuce & Tomato

**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](mailto:comments@pomptonian.com)



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

**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](http://www.pomptonian.com).

**Locally Grown Cauliflower**

"This institution is an equal opportunity provider."