



OCTOBER MILLTOWN 2018

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Selections on The Farm Stand are included with lunch. Choose ½ a cup of fruit and 1 cup of vegetable from a variety of options daily.		
Child Health Day 1 Nachos Grande with Turkey Taco Meat, Brown Rice & Scoops! Chips Free MyPlate Sticker w/ Lunch	2 Mozzarella Sticks with Marinara Dipping Sauce	3 Meatball Parmesan Hero	4 Baked Macaroni & Cheese with a Dinner Roll	5 Domino's Pizza Pure Fruit Juice
Weekly Alternate: Baked Chicken Nuggets with a Roll				
COLUMBUS DAY 8 Popcorn Chicken with Dip & a Roll	9 All-Beef Hot Dog on a Bun with Baked Beans	10 Chicken Tenders with Dipping Sauce & a Roll	11 French Toast Sticks with a Cheese Omelet	12 Pasquale's Pizzeria Pizza Pure Fruit Juice
Weekly Alternate: Mozzarella Stuffed Breadstick with Marinara Sauce				
15 Chicken Patty on a Bun with Corn Niblets	16 Baked Mozzarella Sticks with Marinara Sauce	17 Hamburger OR Cheeseburger on a Bun Looney Tunes Nutrition Sticker w/ Lunch	18 Grilled Chicken on a Bun with Oven Fries	19 Domino's Pizza Pure Fruit Juice
Weekly Alternate: Chicken Fries with a Roll		National School Lunch Week		
22 Baked Chicken Nuggets with a Dinner Roll & Oven Fries	23 Nachos Grande with Turkey Taco Meat, Brown Rice & Scoops! Chips	24 French Toast Sticks with a Turkey Sausage Patty	25 Chicken Patty on a Bun with Sweet Potato Fries	26 Pasquale's Pizzeria Pizza Pure Fruit Juice
Weekly Alternate: Baked Macaroni & Cheese with a Dinner Roll				
29 Cheesesteak on a Bun with Sweet Potato Fries	30 Chicken Griller on a Bun with Oven Fries	HALLOWEEN 31 Chicken Caesar Wrap		
Weekly Alternate: Popcorn Chicken 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: Tuna on a Kaiser Roll with Lettuce & Tomato
- Week 2: Ham on a Wrap with Lettuce & Tomato
- Week 3: Turkey & Cheese on a Wrap with Lettuce & Tomato
- Week 4: Italian Mini Hero with Ham, Salami, Provolone Cheese, Lettuce & Tomato
- Week 5: Ham & Cheese 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"

"This institution is an equal opportunity provider."

A Complete Lunch Includes:

Entrée (with Protein/Grain)

Trip to The Farm Stand

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

Traditional Lunch: \$2.90

Reduced Price Lunch: \$0.40

