



OCTOBER MILLTOWN 2017

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. | | Traditional Lunch: \$2.80 Reduced Price Lunch: \$0.40 |
| Child Health Day 2 Chicken Patty on a Bun with Oven Fries | 3 Hamburger OR Cheeseburger on a Bun with Sweet Potato Fries | 4 French Toast Sticks with an Egg Patty 100% Fruit Juice Cup | 5 Baked Chicken Nuggets with a Roll Garbanzo Bean Salad | 6 Nunzio's Pizzeria Pizza Caesar Salad |
| Weekly Alternate: Baked Mozzarella Sticks with Marinara Sauce | | | | |
| COLUMBUS DAY 9 Italian Cuisine Day Lasagna Cheese Roll Ups with a Dinner Roll Garden Salad | 10 Mozzarella Sticks w/ Marinara Dipping Sauce Corn Niblets | 11 Meatball Parmesan on a Roll Carrot Coins | 12 Baked Macaroni & Cheese with a Dinner Roll Steamed Broccoli | 13 Domino's Pizza Pure Fruit Juice |
| National School Lunch Week 2017 | | | | |
| Weekly Alternate: Baked Chicken Nuggets with a Roll | | | | |
| 16 Popcorn Chicken with Dip & a Roll Cucumber Slices with Low-Fat Dressing | 17 All-Beef Hot Dog on a Bun with Baked Beans | 18 Chicken Tenders with Dipping Sauce & a Roll Corn on the Cob | 19 French Toast Sticks with a Cheese Omelet Baked Sweet Potato Fries | 20 Nunzio's Pizzeria Pizza Baby Carrots with Low-Fat Dressing |
| Weekly Alternate: Pizza Crunchers with Marinara Sauce | | | | |
| 23 Chicken Patty on a Bun with Green Beans | World Series Begins 24 Nachos Grande with Turkey Taco Meat, Beans, Brown Rice & Scoops! Chips | 25 Hamburger OR Cheeseburger on a Bun with Baked Sweet Potato Fries | 26 Grilled Chicken on a Bun with Oven Fries | 27 Domino's Pizza Caesar Salad |
| Weekly Alternate: Chicken Fries with a Roll | | | | |
| 30 Baked Chicken Nuggets with a Dinner Roll Carrot Coins | HALLOWEEN 31 Baked Mozzarella Sticks with Marinara Sauce Celery Sticks with Low-Fat Dressing | | | |
| Weekly Alternate: Baked Macaroni & Cheese with a Dinner 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: Ham on a Wrap with Lettuce & Tomato
- Week 2: Turkey & Cheese on a Wrap 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

"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

TAKE ADVANTAGE OF PRE-PAYMENT OPTIONS

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

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.