

VENTNOR EDUCATIONAL COMMUNITY COMPLEX

Monday	Tuesday	Wednesday	Thursday
<i>On the Menu for Breakfast:</i>			
		<i>Cost: \$1.85 Full or \$.30 Reduced (If you get a free lunch)</i>	
Cinnamon Burst Slice OR Cereal Bowl N Grahams Fruit Juice AND Fresh Fruit	Birthday Cake Mini Muffins N Grahams OR Cereal Bowl N Grahams Fruit Juice AND Fresh Fruit	Cinnamon Roll OR Cereal Bowl N Grahams Fruit Juice AND Fresh Fruit	Fruit Frudel OR Cereal Bowl N Grahams Fruit Juice AND Fresh Fruit

On the Menu for Lunch: *Cost: \$2.85 Full or \$.40 Reduced*

<p>This menu meets all Child Nutrition Regulations, but is subject to change due to delivery difficulties.</p> <p>FRESH FRUIT AND VEGGIE DIPPERS are available daily.</p> <p>Students are required to have a Fruit or Vegetable on their tray.</p> <p>This institution is an equal opportunity provider and employer.</p>	<p>Any Cafeteria questions or concerns, please call Theresa at 609-487-7900 x 5070.</p>	<p><u>MILK CHOICES .. Available Daily:</u></p> <p style="text-align: center;">SKIM 1% WHITE FAT-FREE CHOCOLATE FAT-FREE STRAWBERRY</p>	
4	5	6	7
Personal Pan Cheese Pizza OR Chicken Nuggets w/BBQ Sauce & Roll Romaine Garden Salad & Veggie Stix w/Dip Fresh Fruit AND 100% Apple Juice Cup OR Chef w/Egg & Tuna Salad, Fruit & Roll	Teriyaki Chicken w/Roll OR All-Beef Hot Dog on Roll Rice AND Sweet Peas Fresh Fruit AND Chilled Applesauce Cup OR Taco Salad, Fruit & Roll	Spaghetti w/ Tenders & Breadstick OR Chicken Nuggets w/BBQ Sauce & Roll Garden Salad AND Veggie Stix w/Dip Fresh Fruit AND Mandarin Orange Cup OR Chef w/Egg & Tuna Salad, Fruit & Roll	Chicken Patty Sandwich OR All-Beef Hot Dog on Roll Baked Fries AND Veggie Beans Fresh Apple Slices AND Chilled Peach Cup OR Egg & TurkeyBacon Salad, Fruit & Roll
11	12	13	14
French Bread Pizza OR Chicken Nuggets w/BBQ Sauce & Roll Romaine Garden Salad & Veggie Stix w/Dip Fresh Fruit AND 100% Apple Juice Cup OR Chef w/Egg & Tuna Salad, Fruit & Roll	Popcorn Chicken w/ Roll OR All-Beef Hot Dog on Roll Mashed Potatoes AND Cooked Carrots Fresh Fruit AND Chilled Applesauce Cup OR Taco Salad, Fruit & Roll	Italian Shorty .. Uses Pork Products OR Chicken Nuggets w/BBQ Sauce & Roll Baked Fries AND Veggie Beans Fresh Fruit AND Chilled Peach Cup OR Chef w/Egg & Tuna Salad, Fruit & Roll	Grilled Cheese OR All-Beef Hot Dog on Roll Tater Tots -- Tomato Soup Fresh Apple Slices AND Mixed Fruit Cup OR Egg & TurkeyBacon Salad, Fruit & Roll
18	19	20	21
NO SCHOOL <i>PRESIDENTS' WEEKEND</i>	French Toast w/Turkey Sausage Patty OR All-Beef Hot Dog on Roll Hash Brown AND Veggie Stix w/Dip Fresh Fruit AND Chilled Berry Cup OR Taco Salad, Fruit & Roll	Cheese Lasagna w/ MeatSauce and Roll OR Chicken Nuggets w/BBQ Sauce & Roll Garden Salad AND Veggie Stix w/Dip Fresh Fruit & Chilled Mandarin Orange Cup OR Chef w/Egg & Tuna Salad, Fruit & Roll	Turkey Taco Boats w/L&T & Cheese OR All-Beef Hot Dog on Roll Veggie Rice AND Salsa Fresh Apple Slices AND Pineapple Cup OR Egg & TurkeyBacon Salad, Fruit & Roll
25	26	27	28
Stuffed Crust Turkey Pepperoni Pizza OR Chicken Nuggets w/BBQ Sauce & Roll Romaine Garden Salad & Veggie Stix w/Dip Fresh Fruit AND 100% Apple Juice Cup	Chicken Fryz w/ Roll OR All-Beef Hot Dog on Roll Mashed Potatoes AND Green Beans Fresh Fruit AND Chilled Mixed Fruit Cup	Meatball Shorty on Rando Roll OR Chicken Nuggets w/BBQ Sauce & Roll Buttered Elbows AND Cucumber Salad Fresh Fruit AND Chilled Applesauce Cup	Mozzarella Stix w/Marinara Dip OR All-Beef Hot Dog on Roll Green Beans AND Veggie Stix w/Dip Fresh Apple Slices AND Chilled Peach Cup

OR Chef w/Egg & Tuna Salad, Fruit & Roll

OR Taco Salad, Fruit & Roll

OR Chef w/Egg & Tuna Salad, Fruit & Roll

OR Egg & Turkey Bacon Salad, Fruit & Roll

FEBRUARY, 2019

Friday

(, you get a free breakfast.)

Choc Chip Muffin Loaf N Grahams **OR**
Cereal Bowl N Grahams
Fruit Juice **AND** Fresh Fruit



1

Hamburger on Roll **OR**
Chicken Nuggets w/BBQ Sauce & Roll
Onion Rings **AND** Veggie Beans
Fresh Fruit **AND** 100% Apple Juice Cup
OR Buffalo Chicken Salad, Fruit & Roll

8

Funnel Cake w/Turkey Sausage Links **OR**
Chicken Nuggets w/BBQ Sauce & Roll
Hash Brown **AND** Veggie Stix w/Dip
Fresh Fruit **AND** 100% Apple Juice Cup
OR Buffalo Chicken Salad, Fruit & Roll

15

**NO
SCHOOL**

PRESIDENTS' WEEKEND

22

Turkey Sausage, Egg & Cheese Biscuit **OR**
Chicken Nuggets w/BBQ Sauce & Roll
Hash Brown Patty **AND** Veggie Stix w/Dip
Fresh Fruit **AND** 100% Apple Juice Cup
OR Buffalo Chicken Salad, Fruit & Roll

ALTERNATES .. Available Daily:
WOW BUTTER & Jelly Sandwich
Turkey OR Cheese Sandwich
Yogurt & 1/2 Turkey SW w/grahams

Yogurt & 1/2 Cheese SW w/grahams