



VENTNOR EDUCATIONAL COMMUNITY COMPLEX

NOVEMBER, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
On the Menu for Breakfast:				
<i>Cost: \$2.00 Full or \$.30 Reduced (If you get a free lunch, you get a free breakfast.)</i>				
Mini Pancakes OR Cereal Bowl & Grahams Fruit Juice AND Fresh Fruit	Donut Balls OR Cereal Bowl & Grahams Fruit Juice AND Fresh Fruit	Cinnamon Burst Slice OR Cereal Bowl & Grahams Fruit Juice AND Fresh Fruit	Chocolate Muffin & String Cheese OR Cereal Bowl & Grahams Fruit Juice AND Fresh Fruit	Breakfast Breads OR Cereal Bowl & Grahams Fruit Juice AND Fresh Fruit
On the Menu for Lunch:				
<i>Cost: \$3.00 Full or \$.40 Reduced</i>				
<p>This menu meets all Child Nutrition Regulations, but is subject to change due to delivery difficulties.</p> <p>FRESH FRUIT BASKET AND VEGGIE DIPPERS are available daily. 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 Patricia at 609-487-7900 x 5070.</p>	
				1
<p>MILK CHOICES .. Available Daily:</p> <p>SKIM</p> <p>1% WHITE</p> <p>FAT-FREE CHOCOLATE</p> <p>FAT-FREE STRAWBERRY</p>	<p>ALTERNATES ... Available Daily:</p> <p>Tuna Fish OR Cheese Sandwich</p> <p>Yogurt & 1/2 Cheese SW w/grahams</p> <p>WOW BUTTER & Jelly Sandwich</p> <p>Salad with Fruit and Roll</p>			<p>Pancake Turkey Sausage Wrap w/ Syrup</p> <p>OR All-Beef Hot Dog on Roll</p> <p>Hash Brown AND Veggie Stix w/Dip</p> <p>Fresh Fruit AND 100% Fruit Juice Cup</p> <p>OR Buffalo Chicken Salad, Fruit & Roll</p>
4	5	6	7	8
<p>French Bread Pizza OR</p> <p>All-Beef Hot Dog on Roll</p> <p>Broccoli Slaw w/Ranch & Veggie Stix w/Dip</p> <p>Fresh Fruit AND 100% Fruit Juice Cup</p> <p>OR Chef w/Egg & Tuna Salad, Fruit & Roll</p>	<p>Turkey and Cheese Melt on Pretzel Bun OR</p> <p>Chicken Nuggets w/Roll</p> <p>Cucumber/Bean Salad AND Potato Wedges</p> <p>Fresh Fruit AND Chilled Applesauce Cup</p> <p>OR Chicken Caesar Salad, Fruit & Roll</p>	<p>Grilled Cheese w/ Goldfish Crackers</p> <p>OR All-Beef Hot Dog on Roll</p> <p>Tater Tots AND Tomato Soup</p> <p>Fresh Fruit AND Chilled Peach Cup</p> <p>OR Chef w/Egg & Tuna Salad, Fruit & Roll</p>	<p>NO</p> <p>SCHOOL</p> <p>TEACHER CONVENTION</p>	<p>NO</p> <p>SCHOOL</p> <p>TEACHER CONVENTION</p>
11	12	13	14	15
<p>Personal Pan Pizza OR</p> <p>All-Beef Hot Dog on Roll</p> <p>Fresh Broccoli & Veggie Stix w/Dip</p> <p>Fresh Fruit AND 100% Fruit Juice Cup</p> <p>Chef w/Egg & Tuna Salad, Fruit & Roll</p>	<p>Cheeseburger w/ Roll OR</p> <p>Chicken Nuggets w/Roll</p> <p>Baked Fries & Veggie Beans</p> <p>Fresh Fruit AND Chilled Mixed Fruit Cup</p> <p>OR Chicken Caesar Salad, Fruit & Roll</p>	<p>Baked Chicken w/ Breadstick</p> <p>OR All-Beef Hot Dog on Roll</p> <p>Macaroni & Cheese AND Corn</p> <p>Fresh Fruit AND Chilled Pineapple Cup</p> <p>OR Chef w/Egg & Tuna Salad, Fruit & Roll</p>	<p>Mozzarella Sticks w/ Marinara Dip</p> <p>Chicken Nuggets w/Roll</p> <p>Green Beans AND Veggie Stix w/Dip</p> <p>Fresh Fruit AND Mandarin Orange Cup</p> <p>OR Chicken Caesar Salad, Fruit & Roll</p>	<p>Chicken Fries W/ Roll</p> <p>OR All-Beef Hot Dog on Roll</p> <p>Sweet Potato Fries AND Veggie Stix w/Dip</p> <p>Fresh Fruit AND 100% Fruit Juice Cup</p> <p>OR Buffalo Chicken Salad, Fruit & Roll</p>
18	19	20	21	22
<p>Cheese Quesadilla w/ Salsa OR</p> <p>All-Beef Hot Dog on Roll</p> <p>Broccoli Slaw w/ Ranch & Guacamole</p> <p>Fresh Fruit AND 100% Fruit Juice Cup</p> <p>OR Chef w/Egg & Tuna Salad, Fruit & Roll</p>	<p>Fish Sticks w/ Dinner Roll</p> <p>Chicken Nuggets w/Roll</p> <p>Buttered Elbows AND Sweet Peas</p> <p>Fresh Fruit AND Chilled Pear Cup</p> <p>OR Chicken Caesar Salad, Fruit & Roll</p>	<p>Funnel Cake w/ Turkey Sausage Patty OR</p> <p>All-Beef Hot Dog on Roll</p> <p>Hash Brown AND Veggie Stix w/Dip</p> <p>Fresh Fruit AND Chilled Blueberry Cup</p> <p>OR Chef w/Egg & Tuna Salad, Fruit & Roll</p>	<p>Cheesesteak Shorty</p> <p>OR Chicken Nuggets w/Roll</p> <p>Waffle Fries AND Cooked Carrots</p> <p>Fresh Fruit AND Applesauce Cup</p> <p>OR Chicken Caesar Salad, Fruit & Roll</p>	<p>Popcorn Chicken w/ Roll OR</p> <p>All-Beef Hot Dog on Roll</p> <p>Veggie Rice AND Corn</p> <p>Fresh Fruit AND 100% Fruit Juice Cup</p> <p>OR Buffalo Chicken Salad, Fruit & Roll</p>
25	26	27	28	29
<p>EARLY</p> <p>DISMISSAL</p> <p>NO LUNCH, BUT BREAKFAST</p> <p>WILL BE SERVED</p>	<p>EARLY</p> <p>DISMISSAL</p> <p>NO LUNCH, BUT BREAKFAST</p> <p>WILL BE SERVED</p>	<p>EARLY</p> <p>DISMISSAL</p> <p>NO LUNCH, BUT BREAKFAST</p> <p>WILL BE SERVED</p>	<p>NO</p> <p>SCHOOL</p> <p style="text-align: center;">  </p>	<p>NO</p> <p>SCHOOL</p> <p>THANKSGIVING BREAK</p>