

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

Cheesy Stuffed Breadsticks  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel bag  
Honey Glazed Carrots

2

Roasted Chicken in Basket  
with Buttermilk Biscuit  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Waffles Fries

3

Old Fashioned Mac & Cheese  
with Dinner Roll  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Steamed Broccoli

4

Twin Tacos with Rice, Cheese,  
Lettuce & Tomato  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Spanish Beans

5

Mini Personal Pizza  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Steamed Green Beans

8

**School Closed**  
**Columbus Day**

9

Chicken Nuggets with Dinner Roll  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Cheese & Pretzel Goldfish Boat  
Deli Bento Box  
Smile Fries

10

Mozzarella Sticks  
with Marinara Sauce  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Cheese & Pretzel Goldfish Boat  
Deli Bento Box  
Broccoli Dippers

11

Boneless Chicken Bites  
with Soft Pretzel Stick  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Cheese & Pretzel Goldfish Boat  
Deli Bento Box  
Homestyle Baked Beans

12

Big Daddy's Pizza  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Cheese & Pretzel Goldfish Boat  
Deli Bento Box  
Cucumber Coins

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

15

Hamburger or Cheeseburger  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Crazy Cheese Cube Bento Box  
Steamed Carrot Coins

16

Hot Diggity Dog  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Crazy Cheese Cube Bento Box  
Mashed Potatoes & Steamed Corn

17

Chicken Patty Sandwich  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Crazy Cheese Cube Bento Box  
Sautéed Spinach

18

Chicken & Cheese Taquitos  
with Salsa  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Crazy Cheese Cube Bento Box  
Vegetarian Refried Beans

19

Cheese Pizza  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Crazy Cheese Cube Bento Box  
Steamed Green Beans

22

**Breakfast for Lunch**  
Fluffy Pancakes with Sausage  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Cinnamon Sweet Potatoes

23

Chicken Tenders with Dinner Roll  
Italian Sub  
Grilled Chicken Salad with Roll  
Pretzel Boat  
Egg & Muffin Bento Box  
Tater Tots

24

**Chinese Take Out**  
Sweet & Sour Chicken  
served with Brown Rice  
Italian Sub  
Grilled Chicken Salad with Roll  
Pretzel Boat  
Egg & Muffin Bento Box  
Steamed Broccoli

25

Baked Chicken & Waffles  
Italian Sub  
Grilled Chicken Salad with Roll  
Pretzel Boat  
Egg & Muffin Bento Box  
Southwest Black Beans

26

French Bread Pizza  
Italian Sub  
Grilled Chicken Salad with Roll  
Pretzel Boat  
Egg & Muffin Bento Box  
Cucumber Coins

All Menu's and Nutritionals on the SO HAPPY APP

29

Spartan Burger  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Crazy Cheese Cube Bento Box  
Sweet Potato Wedges

30

Grilled Cheese Pretzel Melt  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Crazy Cheese Cube Bento Box  
Baked French Fries

31

**Happy Halloween**  
Chicken Patty Sandwich  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Crazy Cheese Cube Bento Box  
Sautéed Spinach



**Breakfast Prices:**  
Full Paid: \$ 1.75  
Reduced: \$.30  
**Lunch Prices:**  
Full Paid \$ 2.85  
Reduced: \$.40  
Milk: \$.50

Menu Subject to Change

This institution is an equal opportunity provider.

## Commit to Making Every Monday A Healthier Start to the Week

Monday symbolizes the beginning of each week, a fresh start and the opportunity to begin something new. Much like when people make a New Year's resolution, people tend to use Monday as a day dedicated to health. A healthier start on a Monday often means a healthier week will follow.

To help students, staff and families create and maintain healthier behaviors, My Mondays, Sodexo's new educational campaign, will help promote healthy eating, physical activity, cooking and sustainable, earth-friendly behaviors.

This initiative has been modeled after the Mondays Campaign, which is a non-profit public health initiative associated with Johns Hopkins, Columbia and Syracuse Universities that dedicates the first day of every week to health. Every Monday, individuals and organizations across the globe join together to commit to the healthy behaviors that can help end chronic preventable diseases.

For more information on the Mondays Campaign, please visit <http://www.mondaycampaigns.org/>.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[liftoffisplayground.com](http://liftoffisplayground.com)

## BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar

All Breakfast come with Fruit and Variety of Reduced Fat Milk

### MONDAY:

Whole Grain Cereal and Graham Crackers

**TUESDAY:** Hot Mini Maple Pancakes

### WEDNESDAY:

Warm Whole Grain Mini Cini Pastry

**THURSDAY:** Assorted Breakfast Bars

### FRIDAY:

Whole Grain Muffin and Graham Crackers

## Fresh Pick Recipe

### BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.



**So Happy**

Sodexo's menu app with nutrition and allergen information!

Happy October! Be sure to utilize [www.Schoolcafe.com](http://www.Schoolcafe.com) for online café payments. If you have any questions with regards to the cafeteria please contact Jacki Wagner 732-531-5630 ext. 7091 and at [jacqueline.wagner@sodexo.com](mailto:jacqueline.wagner@sodexo.com).

**IMPORTANT:**  
Please remember to fill out and return your free and reduced lunch applications or online at [www.Schoolcafe.com](http://www.Schoolcafe.com).  
**MUST BE COMPLETED ANNUALLY**

Nutrition Information is available upon request.

