

Lower Township Elementary Menu For “Grab And Go” Pick up

Meals are free to students. Families may take multiple meals for consumption during the week.

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Cereals Whole Grain Muffins Whole Wheat Crackers Milk 100% Juice Fruit Options	Assorted Cereals Whole Grain Muffins Whole Wheat Crackers Milk 100% Juice Fruit Options	Assorted Cereals Whole Grain Muffins Whole Wheat Crackers Milk 100% Juice Fruit Options	Assorted Cereals Whole Grain Muffins Whole Wheat Crackers Milk 100% Juice Fruit Options	Assorted Cereals Whole Grain Muffins Whole Wheat Crackers Milk 100% Juice Fruit Options

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham and Cheese Sandwich Fruit or Vegetable Bagged Snack Milk 100% Fruit Juice	Turkey and Cheese Sandwich Fruit or Vegetable Bagged Snack Milk 100% Fruit Juice	Ham and Cheese Sandwich Fruit or Vegetable Bagged Snack Milk 100% Fruit Juice	Turkey and Cheese Sandwich Fruit or Vegetable Bagged Snack Milk 100% Fruit Juice	Ham and Cheese Sandwich Fruit or Vegetable Bagged Snack Milk 100% Fruit Juice



BREAKFAST MENU

**Free to all
students**

We offer a variety of whole grain w/ whole wheat items, yogurt, mozzarella, string cheese, fruit, 100% fruit juice and or milk. Cereal varieties may include: Cheerios, Rice Krispies, Apple Jacks, Cinnamon Toast Crunch, Kix, Chex

Whole Grain Muffins Varieties may include: Blueberry, Banana, Apple, Orange



***MENU IS SUBJECT TO CHANGE.**

This institution is an equal opportunity employer