



January 2022 Maud Abrams Elementary Lunch Menu

LOWER TOWNSHIP ELEMENTARY SCHOOL DISTRICT

Student Lunch/Breakfast is Free to all Students. All entrees are offered with assorted fresh fruit and/or vegetable sides and a choice of skim low fat & fat free milk. Take a look at our daily offerings and weekly alternates below.

Daily Vegetable Offerings May Include:

Broccoli Florets, Baby Carrots, Three Bean Salad, Celery Sticks, Cucumber Coins, Cauliflower

Daily Fruit Offerings May Include: Apples, Oranges, Bananas, Pineapple, Peaches, Pears, Strawberries

Monday	Tuesday	Wednesday	Thursday	Friday	<p style="text-align: center;">Looking for something different?</p> <p style="text-align: center;">Choose from the following as your Lunch Entrée.</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><u>Offered Daily</u></p> <ul style="list-style-type: none"> *Cereal With Yogurt *PBJ Sandwich *Caesar Salad Caesar Salad W/Chicken *Tossed Salad <p style="text-align: center;"><u>Weekly Alternates</u></p> <p style="text-align: center;">Wk of January 3 Fish Sticks</p> <p style="text-align: center;">Wk of January 10 Meatball Sandwich</p> <p style="text-align: center;">Wk of January 17 Cheese Steak</p> <p style="text-align: center;">Wk of January 24 Breakfast Burrito</p> <p style="text-align: center;">Wk of January 31 BBQ Pulled Pork Sandwich</p> <div style="text-align: center;">  </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;"><u>Free Breakfast is Offered Daily to All Students in the Classroom</u></p> <p style="text-align: center;">Includes: Choice of Cereal or Muffin, Milk, 100% Fruit Juice, Cheese Stick and Crackers.</p> </div> <p style="text-align: center; margin-top: 10px;">*Denotes A Vegetarian Meal</p>
3	4	5	6	7	
Chicken Nuggets & Dipping Sauce Rice Broccoli	Cheeseburger or Hamburger Sweet Potato Fries Chilled Fruit	Macho Nacho Tortilla Chips Lett/ Tom/ Cheese Salsa Corn	Mozzarella Sticks Marinara Sauce Tossed Salad 100% Juice	*French Bread Pizza Mixed Vegetable Chilled Pears	
10	11	12	13	14	
Popcorn Chicken Dipping Sauce Seasoned Corn Chilled Peaches	French Toast Sticks Sausage Potato Rounds Chilled Fruit	Spaghetti and Meatballs Dinner Roll Tossed Salad	Hot Dog Mashed Potatoes Savory Baked Beans	*Pizzeria Style Pizza Peas Chilled Pears 100% Fruit Juice	
17	18	19	20	21	
Martin Luther King, JR Day Schools Closed	Grilled Cheese Goldfish Crackers Chilled Fruit 100% Fruit Juice	Fish Sticks Rice Cucumber Coins W/Dip Chilled Fruit	Cub Hoagie Tortilla Chips Apple Slices	*Double Cheese Pizza Seasoned Carrots Chilled Fruit	
24	25	26	27	28	
Chicken Patty Sandwich Baby Carrots W/ Dip Chilled Fruit	Taco Tuesday Lett/Tom/ Cheddar Mexicali Rice Chilled Pears	Beefaroni Dinner Roll Tossed Salad Chilled Pears	French Toast Sticks Sausage Potato Rounds Chilled Fruit	*Pizzeria Style Pizza Chilled Pears 100% Fruit Juice	
31			 <p style="text-align: center;">Fresh Fruit and 100% Fruit Juice Offered Daily</p>	 <p style="text-align: center;">Choose MyPlate.gov</p>	

This Institution is an Equal Opportunity Employer

MENU IS SUBJECT TO CHANGE