



January 2022 Mitnick 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
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	Meatball Sandwich 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				
*Cheese Quesadilla Sour Cream /Salsa Rice Corn			Fresh Fruit and 100% Fruit Juice Offered Daily	

Looking for something different?

Choose from the following as your Lunch Entrée.



Offered Daily

- *Cereal With Yogurt
- *PBJ Sandwich
- *Caesar Salad
- Caesar Salad W/Chicken
- *Tossed Salad

Weekly Alternates

- Wk of January 3**
Ham and Cheese Hoagie
- Wk of January 10**
Bologna and Cheese
- Wk of January 17**
Turkey and cheese
- Wk of January 24**
Chicken Ranch Wrap
- Wk of January 31**
Ham and Cheese Hoagie



Free Breakfast is Offered Daily to All Students in the Classroom

Includes: Choice of Cereal or Muffin, Milk, 100% Fruit Juice, Cheese Stick and Crackers.

*Denotes A Vegetarian Meal

This Institution is an Equal Opportunity Employer

MENU IS SUBJECT TO CHANGE