



January 2022 Sandman Consolidated 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 Chicken Nuggets & Dipping Sauce Rice Broccoli	4 Cheeseburger or Hamburger Sweet Potato Fries Chilled Fruit	5 Macho Nacho Tortilla Chips Lett/ Tom/ Cheese Salsa Corn	6 Mozzarella Sticks Marinara Sauce Tossed Salad 100% Juice	7 *French Bread Pizza Mixed Vegetable Chilled Pears	
10 Popcorn Chicken Dipping Sauce Seasoned Corn Chilled Peaches	11 French Toast Sticks Sausage Potato Rounds Chilled Fruit	12 Spaghetti and Meatballs Dinner Roll Tossed Salad	13 Hot Dog Mashed Potatoes Savory Baked Beans	14 *Pizzeria Style Pizza Peas Chilled Pears 100% Fruit Juice	
17 Martin Luther King, JR Day Schools Closed	18 Grilled Cheese Goldfish Crackers Chilled Fruit 100% Fruit Juice	19 Fish Sticks Rice Cucumber Coins W/Dip Chilled Fruit	20 Cub Hoagie Tortilla Chips Apple Slices	21 *Double Cheese Pizza Seasoned Carrots Chilled Fruit	
24 Chicken Patty Sandwich Baby Carrots W/ Dip Chilled Fruit	25 Taco Tuesday Lett/Tom/ Cheddar Mexicali Rice Chilled Pears	26 Beefaroni Dinner Roll Tossed Salad Chilled Pears	27 French Toast Sticks Sausage Potato Rounds Chilled Fruit	28 *Pizzeria Style Pizza Chilled Pears 100% Fruit Juice	
31 *Cheese Quesadilla Sour Cream /Salsa Rice Corn			 Fresh Fruit and 100% Fruit Juice Offered Daily	 Choose MyPlate.gov	

This Institution is an Equal Opportunity Employer

MENU IS SUBJECT TO CHANGE

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