



## November 2021 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
1	2	3	4	5
Chicken Nuggets & Dipping Sauce Rice Green Beans	Cheeseburger or Hamburger Sweet Potato Fries Chilled Fruit	In-Service Day Schools Closed	NJEA Convention Schools Closed	NJEA Convention Schools Closed
8	9	10	11	12
Fish Sticks Rice Mixed Vegetables Chilled Fruit	Taco Tuesday Hard or Soft Taco Lettuce/Tomato/Cheese Mexicali Rice	French Toast Sticks/ Sausage Potato Rounds Chilled Fruit	Hot Dog Mashed Potatoes Savory Baked Beans	*Double Cheese Pizza Seasoned Carrots Chilled Fruit
15	16	17	18	19
Chicken Tenders Dipping Sauce Mashed Potatoes Green Beans	"Sloppy Joe" Manwich Seasoned Carrots Chilled Applesauce	Cheeseburger or Hamburger Sweet Potato Fries Chilled Fruit	Oven Roasted Turkey / Gravy Mashed Potatoes Stuffing Corn	*Pizzeria Style Pizza Peas Chilled Pears 100% Fruit Juice
22	23	24		
Popcorn Chicken Dipping Sauce Rice Corn Chilled Fruit	Cub Hoagie Tortilla Chips Apple Slices	* Pizzeria Style Pizza Seasoned Carrots Chilled Fruit		
29	30		 Fresh Fruit and 100% Fruit Juice Offered Daily	 Choose MyPlate.gov
Popcorn Chicken Mashed Potatoes Mixed Vegetables Chilled Fruit	French Toast Sticks/Syrup Sausage Home Fries Chilled Fruit			

#### Looking for something different?

Choose from the following as your hot OR cold Lunch Entrée.



#### Offered Daily

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

#### Weekly Alternates

**Wk of November 1-5**  
Ham and Cheese Hoagie

**Wk of November 8-12**  
BBQ Pulled Pork Sandwich

**Wk of November 15-19**  
Breakfast Burrito  
Egg, Cheese, Sausage, Peppers and Onions

**Wk of November 22-26**  
Meatball Sandwich

**Wk of November 29**  
Buffalo Chicken  
Cheese Steak



**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