

“It’s Cool To Be In School Everday”

November 2022 Maud Abrams Lunch Menu

LOWER TOWNSHIP ELEMENTARY SCHOOL DISTRICT

Student Lunch price is \$3.25

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 Sausage Egg and Cheese Or Egg and Cheese on a Bagel Hash Brown 100% Fruit Juice	2 Popcorn Chicken Rice Corn Chilled Fruit	3 Fish Sticks Sweet Potato Fries Carrot Sticks 100% Fruit juice	4 *Pizzeria Style Pizza Sweet Peas Orange Smiles
7 Fall Recess	8 Fall Recess	9 Fall Recess	10 Fall Recess	11 Fall Recess
14 Early Dismissal Chicken Tenders Dipping Sauce Rice Green Beans	15 Early Dismissal Grilled Cheese Crackers Tomato Soup Goldfish Chilled Fruit	16 Early Dismissal Hot Dog Mashed Potatoes Savory Baked Beans Fresh Fruit	17 Early Dismissal French Toast Sticks Sausage Potato Rounds Chilled Fruit	18 Early Dismissal *Pizzeria Style Pizza Broccoli Chilled Pears 100% Fruit Juice
21 Popcorn Chicken Dipping Sauce Potato Wedges Chilled Fruit	22 "Macho Nacho" Seasoned Meat over Nachos Lettuce/Tomato Cheese Sauce Corn	23 Early Dismissal Mozzarella Sticks Marinara Sauce Broccoli Fresh Fruit		
28 Chicken Nuggets & Dipping Sauce Potato Wedges Dinner Roll	29 Taco Tuesday Hard or Soft Taco Lettuce/Tomato/ Cheese Mexicali Rice	30 French Toast Sticks/Syrup Egg Patty Sausage Hash Browns Chilled Fruit	 Fresh Fruit and 100% Fruit Juice Offered Daily	 Choose MyPlate .gov

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**
Cheese Burger or Hamburger
- Wk of November 7-11**
Fall Recess
- Wk of November 14-18**
Buffalo Chicken Cheese Steak
- Wk of November 21-23**
Meatball Sub
- Wk of November 28**
Chicken Bowl



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