

# “It’s Cool To Be In School Everday”

## November 2022 Mitnick Elementary 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<br>Cheeseburger or<br>Hamburger<br>Fries<br>Chilled Fruit                                     | 2<br>Popcorn Chicken<br>Rice<br>Corn<br>Chilled Fruit                                       | 3<br>Fish Sticks<br>Sweet Potato<br>Fries<br>Carrot Sticks<br>100% Fruit juice  | 4<br>*Pizzeria Style<br>Pizza<br>Sweet Peas<br>Orange Smiles  |
| 7<br>Fall Recess  | 8<br>Fall Recess  | 9<br>Fall Recess  | 10<br>Fall Recess   | 11<br>Fall Recess   |
| Early Dismissal 14<br>Chicken Tenders<br>Dipping Sauce<br>Rice<br>Green Beans     | 15<br>Early Dismissal<br>Grilled Cheese<br>Crackers<br>Tomato Soup<br>Goldfish Chilled<br>Fruit | 16<br>Early Dismissal<br>Hot Dog<br>Mashed Potatoes<br>Savory Baked<br>Beans<br>Fresh Fruit | 17<br>Early Dismissal<br>French Toast<br>Sticks<br>Sausage<br>Potato Rounds<br>Chilled Fruit  | 18<br>Early Dismissal<br>*Pizzeria Style<br>Pizza<br>Broccoli<br>Chilled Pears<br>100% Fruit<br>Juice               |
| 21<br>Popcorn Chicken<br>Dipping Sauce<br>Potato Wedges<br>Chilled Fruit          | 22<br>"Macho Nacho"<br>Seasoned Meat<br>over Nachos<br>Lettuce/Tomato<br>Cheese Sauce<br>Corn   | 23<br>Early Dismissal<br>Mozzarella Sticks<br>Marinara Sauce<br>Broccoli<br>Fresh Fruit     |   |   |
| 28<br>Chicken Nuggets<br>& Dipping Sauce<br>Potato Wedges<br>Dinner Roll          | 29<br>Taco Tuesday<br>Hard or Soft Taco<br>Lettuce/Tomato/<br>Cheese<br>Mexicali Rice           | 30<br>French Toast<br>Sticks/Syrup Egg<br>Patty<br>Sausage<br>Hash Browns<br>Chilled Fruit  | <br>Fresh Fruit and<br>100% Fruit Juice<br>Offered Daily | <br>Choose <b>MyPlate</b> .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**  
Ham and Cheese Sandwich
- Wk of November 7-11**  
Fall Recess
- Wk of November 14-18**  
Bagel Pizza  
(Build your own pizza, Bagel, Sauce, Mozzarella)
- Wk of November 28**  
Turkey and Cheese



#### 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.

This Institution is an Equal Opportunity Employer

MENU IS SUBJECT TO CHANGE