



October 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	<p>Looking for something different? Choose from the following as your hot OR cold Lunch Entrée.</p> <p><u>Offered Daily</u></p> <ul style="list-style-type: none"> *Cereal With Yogurt *PBJ Sandwich *Caesar Salad Caesar Salad W/Chicken *Tossed Salad <p><u>Weekly Alternates</u></p> <p>Wk of October 4-8 Pulled Pork Sandwich</p> <p>Wk of October 11-15 Hamburger / Cheeseburger</p> <p>Wk of October 18-22 Buffalo Chicken Cheese Steak</p> <p>Wk of October 25 Meatball Sandwich</p> <p><u>Free Breakfast is Offered Daily to All Students in the Classroom</u> Includes: Choice of Cereal or Muffin, Milk, 100% Fruit Juice, Cheese Stick and Crackers.</p> <p>*Denotes A Vegetarian Meal</p>
4	5	6	7	8	
			<p>REMINDER PLEASE REMEMBER TO RETURN YOUR LUNCH APPLICATIONS Thank You!</p>	<p style="text-align: right;">1</p> <p>*Cheese Pizza Sweet Peas 100% Fruit Juice</p>	
<p style="text-align: right;">4</p> <p>Popcorn Chicken & Dipping Sauce Rice Mixed Vegetables</p>	<p style="text-align: right;">5</p> <p>Taco Tuesday Hard or Soft Taco Lettuce/Tomato/ Cheese Corn Mexicali Rice</p>	<p style="text-align: right;">6</p> <p>Cheeseburger or Hamburger Fries Chilled Fruit</p>	<p style="text-align: right;">7</p> <p>Cub Hoagie Tortilla Chips Apple Slices</p>	<p style="text-align: right;">8</p> <p>*Double Cheese Pizza Seasoned Carrots Chilled Fruit</p>	
<p style="text-align: right;">11</p> <p>School Closed Columbus Day</p>	<p style="text-align: right;">12</p> <p>Chicken Tenders Dipping Sauce Rice Green Beans</p>	<p style="text-align: right;">13</p> <p>Cheese or Plain Steak Potato Wedges Chilled Applesauce</p>	<p style="text-align: right;">14</p> <p>French Toast Sticks/Syrup Sausage Home Fries Chilled Fruit</p>	<p style="text-align: right;">15</p> <p>*Pizzeria Style Pizza Mixed Vegetables Chilled Pears</p>	
<p style="text-align: right;">18</p> <p>Popcorn Chicken Dipping Sauce Rice Seasoned Carrots Chilled Fruit</p>	<p style="text-align: right;">19</p> <p>"Macho Nacho" Seasoned Beef Tortilla Shells Shredded Cheddar Lett/Tom/Salsa Fresh Fruit</p>	<p style="text-align: right;">20</p> <p>Cheeseburger or Hamburger Fries Chilled Fruit</p>	<p style="text-align: right;">21</p> <p>Chicken Nuggets Dipping Sauce Mashed Potatoes Fresh Fruit</p>	<p style="text-align: right;">22</p> <p>Bagel Pizza Broccoli Chilled Pears 100% Fruit Juice</p>	
<p style="text-align: right;">25</p> <p>Hot Dog Mashed Potatoes Savory Baked Beans Carrot Sticks</p>	<p style="text-align: right;">26</p> <p>French Toast Sticks/Syrup Sausage Home Fries Chilled Fruit</p>	<p style="text-align: right;">27</p> <p>Cub Hoagie Tortilla Chips Apple Slices</p>	<p style="text-align: right;">28</p> <p>Chicken Patty Sandwich Seasoned Spinach Chilled Fruit</p>	<p style="text-align: right;">29</p> <p>*Double Cheese Pizza Mixed Vegetables Chilled Fruit</p>	
<p>This Institution is an Equal Opportunity Employer</p> <p>MENU IS SUBJECT TO CHANGE</p>					