



## October 2021 Preschool 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
 ChooseMyPlate.gov	 Fresh Fruit and 100% Fruit Juice Offered Daily	 LET'S MOVE!	<b>REMINDER</b> <b>PLEASE</b> <b>REMEMBER TO</b> <b>RETURN YOUR</b> <b>LUNCH</b> <b>APPLICATIONS</b> <b>Thank You!</b>	<sup>1</sup> *Cheese Pizza Sweet Peas 100% Fruit Juice
4 Popcorn Chicken & Dipping Sauce Rice Mixed Vegetables	5 Taco Tuesday Hard or Soft Taco Lettuce/Tomato/ Cheese Corn Mexicali Rice	6 Cheeseburger or Hamburger Fries Chilled Fruit	7 Cub Hoagie Tortilla Chips Apple Slices	8 *Double Cheese Pizza Seasoned Carrots Chilled Fruit
11 School Closed Columbus Day	12 Chicken Tenders Dipping Sauce Rice Green Beans	13 Cheese or Plain Steak Potato Wedges Chilled Applesauce	14 French Toast Sticks/Syrup Sausage Home Fries Chilled Fruit	15 *Pizzeria Style Pizza Mixed Vegetables Chilled Pears
18 Popcorn Chicken Dipping Sauce Rice Seasoned Carrots Chilled Fruit	19 "Macho Nacho" Seasoned Beef Tortilla Shells Shredded Cheddar Lett/Tom/Salsa Fresh Fruit	20 Cheeseburger or Hamburger Fries Chilled Fruit	21 Chicken Nuggets Dipping Sauce Mashed Potatoes Fresh Fruit	22 Bagel Pizza Broccoli Chilled Pears 100% Fruit Juice
25 Ham and Cheese Sandwich Goldfish Carrot Sticks	26 French Toast Sticks/Syrup Sausage Home Fries Chilled Fruit	27 Cub Hoagie Tortilla Chips Apple Slices	28 Chicken Patty Sandwich Seasoned Spinach Chilled Fruit	29 *Double Cheese Pizza Mixed Vegetables Chilled Fruit

#### Looking for something different?

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



#### Offered Daily

- \*Cereal With Yogurt
- \*PBJ Sandwich



#### 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