

Good Attendance is Habit Forming

October 2022 Adult 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
3	4	5	6	7
Oven Roasted Chicken Mashed Potatoes Fresh Fruit	Sausage Egg and Cheese Burrito Potato Rounds Chilled Fruit	Meatball Parmigiana Tossed Salad Fresh Fruit	Chicken and Cheese Quesadilla Sour Cream /Salsa Rice and Corn	Chicken Salad Platter Over a Bed of Lettuce
10	11	12	13	14
District In Service 	Cheesesteak Peppers & Onions Pickle Spear & Chips	Taco Tuesday on a Wednesday Hard or Soft Taco Lettuce/Tomato/Cheese Mexicali Rice	Hot Dog Mashed Potatoes Savory Baked Beans Fresh Fruit	* Chicken Salad Platter Over a Bed of Lettuce
17	18	19	20	21
<u>SPECIAL \$4.60</u> *Grilled Cheese Sandwich on Multi Grain Bread w/ Tomato Soup	"Macho Nacho" Seasoned Meat over Nachos Lettuce/Tomato Cheese Sauce Corn	Cheesesteak Peppers & Onions Pickle Spear & Chips	Sausage, Egg and Cheese on a Bagel Potato Rounds	Grilled Chicken Topped with Spinach, Roasted Red Peppers and Provolone On a Kaiser
24	25	26	27	28
<u>SPECIAL \$4.60</u> Ranch Chicken Salad Wrap Lettuce and Tomato Pickle Spear	Cub Hoagie Tortilla Chips W/ Salsa Fresh Fruit	<u>SPECIAL \$4.60</u> Oven Roasted Chicken Fries Tossed Salad	* <u>SPECIAL \$4.60</u> *Grilled Cheese Sandwich on Multi Grain Bread w/ Tomato Soup	<u>SPECIAL \$4.60</u> Egg Salad Sandwich Lettuce and Tomato Potato Salad
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<u>SPECIAL \$4:60</u> Sweet Italian Sausage with Peppers & Onions On a Sub Roll 	 Fresh Fruit and 100% Fruit Juice Offered Daily			

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 October 3-7**
Sausage Egg and Cheese Burrito
- Wk of October 10-14**
Buffalo Chicken Cheese Steak
- Wk of October 17-21**
Chicken Ranch Wrap
- Wk of October 24-31**
Pulled Pork 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