

Good Attendance is

Habit Forming

October 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
3 Chicken Tenders Dipping Sauce Mashed Potatoes Orange Smiles	4 French Toast Sticks Sausage Potato Rounds Chilled Fruit	5 Mozzarella Sticks Marinara Dipping Sauce Tossed Salad Fresh Fruit	6 *Cheese Quesadilla Sour Cream /Salsa Rice Corn	7 *Double Cheese Pizza Plain or Pepperoni Mixed Vegetables Chilled Fruit
10 District In Service 	11 Fish Sticks French Fries Glazed Carrots 100% Fruit Juice	12 Taco Tuesday on a Wednesday Hard or Soft Taco Lettuce/Tomato/ Cheese Mexicali Rice	13 Hot Dog Mashed Potatoes Savory Baked Beans Fresh Fruit	14 *Pizzeria Style Pizza Plain or Pepperoni Broccoli Chilled Pears 100% Fruit Juice
17 Chicken Fries Dipping Sauce Rice Seasoned Carrots Chilled Fruit	18 "Macho Nacho" Seasoned Meat over Nachos Lettuce/Tomato Cheese Sauce Corn	19 Cheese or Plain Steak Sandwich Potato Wedges Chilled Applesauce	20 French Toast Sticks/Syrup Sausage Home Fries Chilled Fruit	21 *Double Cheese Pizza Plain or Pepperoni Mixed Vegetables Chilled Fruit
24 Popcorn Chicken Dipping Sauce Rice Seasoned Carrots Chilled Fruit	25 Cub Hoagie Tortilla Chips W/ Salsa Fresh Fruit	26 Cheeseburger or Hamburger Fries Chilled Fruit	27 *Grilled Cheese Goldfish Crackers Chilled Fruit	28 Double Cheese Pizza Plain or Pepperoni Mixed Vegetables Chilled Fruit
31 *Pizza Crunchers With Sauce Tossed Salad Chilled Fruit 	 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