



September 2022 Maud Abrams 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 |
|---|---|---|--|---|
| Welcome Back!! Happy Labor Day Schools Closed | 6 Cheeseburger or Hamburger Fries Chilled Fruit | 7 Popcorn Chicken Rice Corn Chilled Fruit | 8 Cheese Steak Or Plain Steak Sweet Potato Fries Chilled Fruit | 9 *Pizzeria Style Pizza Sweet Peas 100% Fruit Juice |
| 12 Chicken Nuggets & Dipping Sauce Rice Broccoli | 13 Taco Tuesday Hard or Soft Taco Lettuce/Tomato/ Cheese Mexicali Rice | 14 French Toast Sticks Sausage Potato Rounds Chilled Fruit | 15 Hot Dog Mashed Potatoes Savory Baked Beans Fresh Fruit | 16 *Double Cheese Pizza Mixed Vegetables Chilled Fruit |
| 19 Chicken Tenders Dipping Sauce Rice Green Beans | 20 *Cheese Quesadilla Sour Cream /Salsa Rice Corn | 21 Cheese Steak Potato Wedges Seasoned Carrots Chilled Applesauce | 22 French Toast Sticks/Syrup Sausage Home Fries Chilled Fruit | 23 *Pizzeria Style Pizza Broccoli Chilled Pears 100% Fruit Juice |
| 26 Popcorn Chicken Dipping Sauce Rice Seasoned Carrots Chilled Fruit | 27 *Pizza Crunchers With Sauce Tossed Salad Chilled Fruit | 28 Cheeseburger or Hamburger Fries Chilled Fruit | 29 "Macho Nacho" Seasoned Meat over Nachos Lettuce/Tomato Cheese Sauce Corn | 30 Double Cheese Pizza Mixed Vegetables Chilled Fruit |
|  Fresh Fruit and 100% Fruit Juice Offered Daily | |  | REMINDER PLEASE REMEMBER TO RETURN YOUR LUNCH APPLICATIONS Thank You! |  |

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 September 6-10

BBQ Pulled Pork Sandwich

Wk of September 12-16

Grilled Chicken Sandwich

Wk of September 19-23

Buffalo Chicken Cheese
Steak

Wk of September 26-30

BBQ 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.

This Institution is an Equal Opportunity Employer

MENU IS SUBJECT TO CHANGE