




Chartwells School Dining Services - Matawan-Aberdeen Regional School District

District Preschool Breakfast Menu - September 2021

A full student breakfast includes a choice of entrée supplying grains or grain and protein, fruit, juice and skim or low-fat milk.

Monday	Tuesday	Wednesday	Thursday	Friday
The USDA Emergency Feeding Waiver has been extended until June 2022. Meals are FREE for ALL Students	Menu Subject to Change	 1	 2 Visit marsd.nutrislice.com to view our interactive menu & allergen info	Please contact Chartwells @ 732-705-5320 with any questions or comments 3
School Closed 6	School Closed 7	School Closed 8	Cereal Chilled Fruit Juice / Milk 9	WG Muffin Chilled Fruit Juice / Milk 10
WG Muffin Chilled Fruit Juice / Milk 13	Cereal Chilled Fruit Juice / Milk 14	WG Bagel w/ Cream Cheese Chilled Fruit Juice / Milk 15	School Closed 16	WG Muffin Chilled Fruit Juice / Milk 17
WG Muffin Chilled Fruit Juice / Milk 20	Cereal Chilled Fruit Juice / Milk 21	WG Bagel w/ Cream Cheese Chilled Fruit Juice / Milk 22	Cereal Chilled Fruit Juice / Milk 23	WG Muffin Chilled Fruit Juice / Milk
WG Muffin Chilled Fruit Juice / Milk 27	Cereal Chilled Fruit Juice / Milk 28	WG Bagel w/ Cream Cheese Chilled Fruit Juice / Milk 29	Cereal Chilled Fruit Juice / Milk 30	

Meals MUST be pre-ordered WEEKLY

To Order Meals

Please Complete the Online Order Form

@ MARSD.org

Under the Food Services heading "Preschool Ordering"


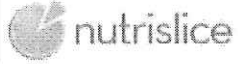





Thank you!

A full student breakfast includes grain and or protein, fruit, juice and 1% white milk



**Chartwells School Dining Services - Matawan-Aberdeen Regional School District
District Preschool Lunch Menu - September 2021**

A full student lunch includes a choice of entrée supplying protein and grain, vegetable, fruit and & 1% white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
The USDA Emergency Feeding Waiver has been extended until June 2022. Meals are FREE for ALL students.	Please contact Chartwells @ 732-705-5320 with any questions or comments Menu Subject to Change	 1	All Meals Served with 1% White Milk	 Visit marsd.nutrislice.com to view our interactive menu & allergen info
6 School Closed	7 School Closed	8 School Closed	9  Chicken Nuggets with Goldfish Crackers or Mozzarella Sticks with Marinara Sauce Broccoli Fresh or Chilled Fruit	10 French Toast Sticks w/ Syrup & Egg Patty or Cheese Pizza Sweet Potato Fries Chilled Juice
13  Chicken Nuggets with Goldfish Crackers or Cheese Pizza Peas Fresh or Chilled Fruit	14 Turkey & Cheese on a WW Bun or Trix Yogurt, String Cheese & a WG Bagel Baby Carrots Fresh or Chilled Fruit	15 Hamburger or Cheeseburger or Cheese Pizza Mixed Veggies Fresh or Chilled Fruit	16 School Closed	17 Mini Pancakes w/ Syrup & Egg Patty or Cheese Pizza Sweet Potato Fries Chilled Juice
20 Popcorn Chicken Seasoned Rice or Cheese Pizza Broccoli Fresh or Chilled Fruit	21 Turkey & Cheese on a WW Bun or WG Muffin, Trix Yogurt, Goldfish & String Cheese Baby Carrots Fresh or Chilled Fruit	22  Chicken Nuggets with Goldfish Crackers or Cheese Pizza Sliced Cucumbers Fresh or Chilled Fruit	23 Grilled Chicken Sandwich or Creamy Mac & Cheese w/ Dinner Roll Salad w/ Lite Dressing Fresh or Chilled Fruit	24 French Toast Sticks w/ Syrup & Egg Patty or Cheese Pizza Sweet Potato Fries Chilled Juice
27  Chicken Nuggets with Goldfish Crackers or Cheese Pizza Peas Fresh or Chilled Fruit	28 Turkey & Cheese on a WW Bun or String Cheese, Trix Yogurt & a WG Bagel Baby Carrots Fresh or Chilled Fruit	29 Pasta w/ Meatballs & Breadstick or Cheese Pizza Green Beans Fresh or Chilled Fruit	30 Pizzeria Style Pizza or Popcorn Chicken w/ a Dinner roll Corn Fresh or Chilled Fruit	31 

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Thank you!

A full student lunch includes a choice of entrée' supplying protein and grain,