



# chartwells

serving up happy & healthy

## Matawan-Aberdeen Regional School District Elementary School Lunch Menu - January 2022

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| 3<br><b>School Closed</b><br><br>HAPPY NEW YEAR<br><b>2022</b>   | 4<br>Turkey Nachos<br>Cheese & Salsa<br>Seasoned Corn<br>Beans<br>Fresh or Chilled Fruit                                   | 5<br>Popcorn Chicken<br>Dinner Roll<br>Seasoned Peas<br>& Carrots<br>Fresh or Chilled Fruit             | 6<br>Mozzarella Sticks<br><br>Marinara Sauce<br>Green Beans<br>Fresh or Chilled Fruit  | 7<br>Mini Waffles<br>w/ Syrup<br>Egg Patty / Carrots<br>Tater Tots<br>100% Fruit Juice  |
| 10<br>Chicken Nuggets<br><br>Dinner Roll<br>Potato Wedges<br>Green Beans<br>Fresh or Chilled Fruit     | 11<br>Turkey Nachos<br><br>Cheese & Salsa<br>Seasoned Corn<br>Veggie Beans<br>Fresh or Chilled Fruit                       | 12<br>BBQ Chicken<br><br>Dinner Roll<br>Potato Smiles<br>Seasoned Broccoli<br>Fresh or Chilled Fruit    | 13<br>Cheesy Pasta<br>w/ Meat Sauce<br><br>Garlic Toast<br>Green Beans<br>Fresh or Chilled Fruit   | 14<br><u>Half Day - 2 choices only</u><br>WG Bagel, Yogurt & String<br>Cheese<br>or<br>Cheese Pizza<br>Carrots<br>Fresh or Chilled Fruit                          |
| 17<br><b>School Closed</b>   | 18<br>Turkey Nachos<br><br>Cheese & Salsa<br>Seasoned Corn<br>Veggie Beans<br>Fresh or Chilled Fruit                       | 19<br>BBQ Pulled Pork<br>on a Bun<br><br>Seasoned Broccoli<br>Fresh or Chilled Fruit                    | 20<br>Hamburger or Cheeseburger<br>on a Bun<br> Peas & Carrots<br><b>Grape Tomatoes</b><br>Fresh or Chilled Fruit<br><i>Try some Grape Tomatoes to Boost your Mood &amp; Stay Alert</i> | 21<br>Mini Waffles<br>w/ Syrup<br>Egg Patty / Carrots<br>Breakfast Potatoes<br>100% Fruit Juice   |
| 24<br>Popcorn Chicken<br><br>Seasoned Rice<br>Mixed Veggies<br>Celery Sticks<br>Fresh or Chilled Fruit | 25<br>Turkey Nachos<br><br>Cheese & Salsa<br>Seasoned Corn<br>Veggie Beans<br>Fresh or Chilled Fruit                       | 26<br>Toasty Cheese<br>Sandwich<br><br>Green Beans<br>Salad w/ Ranch Dressing<br>Fresh or Chilled Fruit | 27<br>Pasta, Chicken & Broccoli<br>Alfredo<br><br>Garlic Bread<br>Seasoned Peas<br>Fresh or Chilled Fruit  | 28<br>Mini Waffles<br>w/ Syrup<br>Egg Patty / Carrots<br>Breakfast Potatoes<br>100% Fruit Juice   |
| 31<br>Chicken Nuggets<br>Dinner Roll<br>Mixed Veggies<br>Sliced Cucumbers<br>Fresh or Chilled Fruit    | <b>The USDA Emergency Feeding Waiver has been extended until June 2022. All students may receive 1 FREE lunch per day.</b> | Please contact Chartwells @ 732-705-5320 with any questions or comments                                 | <br>Visit <a href="https://marsd.nutrislice.com">marsd.nutrislice.com</a> to view our interactive menus & allergen info  | <br><b>Coloring Contest</b><br>January 10th -21st<br>Stay tuned for details! |

### DAILY ALTERNATES

| Monday                | Tuesday                       | Wednesday  | Thursday                             | Friday                             |
|-----------------------|-------------------------------|--|--------------------------------------|------------------------------------|
| Beef Hot Dog on a Bun | Crispy Chicken Patty on a Bun | Hamburger or Cheeseburger on a Bun                 | Creamy Mac & Cheese w/ a Dinner Roll | Chicken Nuggets with a Dinner Roll |
| Tony's Cheese Pizza   | Tony's Cheese Pizza           | Yogurt, String Cheese, WG Muffin & Graham Crackers | Chicken Nuggets with a Dinner Roll   | Tony's Cheese Pizza                |

 **Indicates Vegetarian Item**

A full student lunch includes a choice of entrée supplying protein and grain, two vegetable side dishes, one fruit side dish, and a choice of milk. Milk choices include 1% white, skim white and skim chocolate. This institution is an equal opportunity provider.