



serving up happy & healthy

## Matawan-Aberdeen Regional School District Elementary School Lunch Menu - October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets Goldfish Crackers Green Beans Fresh or Chilled Fruit	3 Mozzarella Sticks w/ Marinara Sauce Spinach Fresh or Chilled Fruit	4  Turkey Nachos Cheese & Salsa Seasoned Corn Veggie Beans Fresh or Chilled Fruit	5 General Tso's Chicken Fried Rice Steamed Broccoli Fresh or Chilled Fruit	6 <b>World Smile Day</b> Mini Pancakes w/ Syrup  Turkey Ham  Smiley Fries 100% Fruit Juice
9 <b>School Closed</b>	10 BBQ Pulled Pork on a WG Bun Seasoned Peas Applesauce Cup	11 Turkey Nachos Cheese & Salsa Seasoned Corn Veggie Beans Fresh or Chilled Fruit	12 Creamy Mac & Cheese  Dinner Roll Broccoli Fresh or Chilled Fruit	13 Mini Waffles w/ Syrup  Egg Patty Sweet Potato Fries 100% Fruit Juice
16 <u>Triple Dipper</u> Chicken Tenders, Pretzel Bites & Tater Tots Green Beans Fresh or Chilled Fruit	17 Crispy Fish Sticks Seasoned Peas Baby Carrots Peach Cup	18 Turkey Nachos Cheese & Salsa Seasoned Corn Kidney Beans Fresh or Chilled Fruit	19  Sloppy Joe w/ Tostito Scoops Steamed Broccoli Fresh or Chilled Fruit	20 Mini French Toast Sticks w/ Syrup  Turkey Ham Hash Brown / Carrots 100% Fruit Juice
23 Turkey Corn Dog Nuggets  Green Beans Baby Carrots Fresh or Chilled Fruit	24 Grilled Cheese Sandwich  Spinach Celery Sticks Fresh or Chilled Fruit	25 Turkey Nachos Cheese & Salsa Seasoned Corn Veggie Beans Fresh or Chilled Fruit	26 Popcorn Chicken Mashed Potato Bowl  Dinner Roll Corn Fresh or Chilled Fruit	27 Mini Pancakes w/ Syrup  Turkey Ham Hash Brown / Carrots 100% Fruit Juice
30 Chicken Nuggets Goldfish Crackers Green Beans Fresh or Chilled Fruit	31 <b>Happy Halloween!!</b> Spooktini & Meatballs or Creepy Crispy Chicken Sandwich Ratty Broccoli Jack-o-Lantern Juice		Please contact Chartwells @ 732-705-5320 with any questions or comments	Student Lunch: \$3.40 Reduced Lunch: \$0.00  Make checks payable to MARSDFS Menu subject to change

### DAILY ALTERNATES

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger or Cheeseburger on a Bun	Yogurt, String Cheese, WG Muffin & Graham Crackers	Turkey & Cheese Sandwich	Cheesy Breadsticks w/ Marinara Sauce	Bento Box w/ Cheddar Cheese Cubes, Yogurt, Grapes & Crackers
Cheese Pizza	Crispy Chicken Sandwich	Cheese Pizza	Chicken Nuggets with a Dinner Roll	Beef Hot Dog on a Bun

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.