







Week of November 1-2, 2018

Pre-Paid Meals Available
Menu Subject to Change



	Monday	Tuesday	Wednesday	Thursday 11/1/2018	Friday 11/2/2018
				Soft or Hard Shell Turkey Tacos <small>Calories 355 Fat 15g Carbs 33g</small> w/lettuce, tomato & cheese Golden Corn <small>Calories 75 Fat 1g Carbs 14g-</small>	WG Cheese Pizza (v) <small>Calories 300 Fat 11g Carbs 37g</small> Emoticon Smiles <small>Calories 130 Fat 4g Carbs 20g</small>
				Beef Hot Dog on WW Bun <small>Calories 320 Fat 17g Carbs 29g</small> Cheese Quesadilla (v) <small>Calories 320 Fat 13g Carbs 32g</small> Cheese WG Pizza (v) <small>Calories 303 Fat 14g Carbs 27g</small>	Chicken Corn Dog <small>Calories 240 Fat 8g Carbs 30g</small> Fish Nuggets w/WW Dinner Roll (v) <small>Calories 307 Fat 9g Carbs 37g</small> Halal Jamaican Beef Patty <small>Calories 270 Fat 9g Carbs 26g</small>
				Romaine Salad Confetti Bean Salad Canned Pineapple Fresh Banana 100% Juice Cup Choice of Milk	Romaine Salad Beets Carrot Pack Applesauce Cup 100% Juice Cup Choice of Milk
				Tuna Sandwich on WW Bread (v) <small>Calories 308 Fat 11g Carbs 34g</small> Chicken Caesar Salad <small>Calories 257 Fat 7g Carbs 28g</small> Turkey & Cheese on WG Wrap <small>Calories 383 Fat 16g Carbs 40g</small>	Turkeyham & Cheese on WW Bread <small>Calories 419 Fat 16g Carbs 51g</small> Garden Tossed Salad w/Cheese (v) <small>Calories 319 Fat 15g Carbs 33g</small> Chicken Caesar Wrap <small>Calories 372 Fat 15g Carbs 36g</small>
Teresa Smith General Manager (609) 343-7300 Ext. 4741	Options offered Daily: Yogurt Boat, WOW Butter & Jelly on WW Bread, Cheese Sandwich on WW Bread <small>Calories 350 Fat 11g Carbs 49g Calories 460 Fat 23g Carbs 51g Calories 383 Fat 20g Carbs 32g</small> Lunch: \$2.80 Reduced: \$.40 Adult Lunch: \$4.00 The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department To file a complaint of discrimination write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9420, by fax (202) 690-7442 or email at program.intake@usda.gov (v) = vegetarian option				

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit (you may take up to 2 servings): 1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk. You may take all 5 components: You must take 3 components of which one MUST be 1 serving fruit or 1 serving vegetable.






Week of November 5-9, 2018

Pre-Paid Meals Available
Menu Subject to Change



	Monday 11/5/2018	Tuesday 11/6/2018	Wednesday 11/7/2018	Thursday 11/8/2018	Friday 11/9/2018
	WG French Toast Sticks Calories 301 Fat 13g Carbs 43g Turkey Sausage Patty Calories 4120 Fat 0g Carbs 0g Sweet Potato Fries Calories 140 Fat 6g Carbs 13g	School Closed	WG Chicken Sticks w/WW Dinner Roll Calories 336 Fat 16g Carbs 32g Vegetarian Baked Beans Calories 384 Fat 18g Carbs 34g	School Closed	School Closed
	Hamburger on WW Bun Calories 270 Fat 9g Carbs 26g WG Chicken Patty on WW Bun Calories 390 Fat 15g Carbs 41g Cheese WG Pizza (v) Calories 303 Fat 14g Carbs 27g	School Closed	BBQ Chicken on WW Bun Calories 254 Fat 4g Carbs 34g Cheese Steak Sub Calories 386 Fat 24g Carbs 24g Cheese WG Pizza (v) Calories 303 Fat 14g Carbs 27g	School Closed	School Closed
	Spinach Salad Carrot Pack Canned Peaches Apple Slices 100% Juice Cup Choice of Milk	School Closed	Spinach Salad Broccoli Slaw Carrot Pack Fruit Cocktail Fresh Apple 100% Juice Cup Choice of Milk	School Closed	School Closed
	Turkey & Cheese on WG Sub Roll Calories 296 Fat 11g Carbs 32g Garden Tossed Salad w/Cheese (v) Calories 319 Fat 15g Carbs 33g Chicken Caesar Wrap Calories 372 Fat 15g Carbs 36g	School Closed	Italian Hoagie on WG Sub Roll Calories 380 Fat 14g Carbs 46g Tuna Salad (v) Calories 379 Fat 16g Carbs 43g Buffalo Chicken on WG Wrap Calories 474 Fat 20g Carbs 54g	School Closed	School Closed
Teresa Smith General Manager (609) 343- 7300 Ext. 4741	Options offered Daily: Yogurt Boat, WOW Butter & Jelly on WW Bread, Cheese Sandwich on WW Bread Calories 350 Fat 11g Carbs 49g Calories 460 Fat 23g Carbs 51g Calories 383 Fat 20g Carbs 32g Lunch: \$2.80 Reduced: \$.40 Adult Lunch: \$4.00 The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department To file a complaint of discrimination write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9420, by fax (202) 690-7442 or email at program.intake@usda.gov (v) = vegetarian option				

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit (you may take up to 2 servings): 1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk. You may take all 5 components: You must take 3 components of which one MUST be 1 serving fruit or 1 serving vegetable.





Week of November 12-16, 2018



Pre-Paid Meals Available
Menu Subject to Change

	Monday 11/12/2018	Tuesday 11/13/2018	Wednesday 11/14/2018	Thursday 11/15/2018	Friday 11/16/2018
	School Closed	WG Pasta w/Meatsauce WW Dinner Roll Calories 386 Fat 11g Carbs 50g Steamed Broccoli Calories 15 Fat 0g Carbs 3g	WG Chicken Nuggets w/WW Dinner Roll Calories 310 Fat 14g Carbs 31g Vegetarian Baked Beans Calories 130 Fat 0g Carbs 29g	Turkey Roast w/Brown Rice & WW Dinner Roll Calories 450 Fat 14g Carbs 60g Green Peas Calories 2 Fat 0g Carbs .32g	French Bread Cheese Pizza (v) Calories 300 Fat 11g Carbs 34g Steamed Green Beans Calories 22 Fat 0g Carbs 3g
	School Closed	Grilled Cheese on WW Bread (v) Calories 384 Fat 18g Carbs 34g Meatball Parm Sub Calories 426 Fat 14g Carbs 53g Pepperoni WG Pizza Calories 336 Fat 17g Carbs 27g	BBQ Chicken on WW Bun Calories 254 Fat 4g Carbs 34g Cheese Steak Sub Calories 386 Fat 24g Carbs 24g Cheese WG Pizza (v) Calories 303 Fat 14g Carbs 27g	WG Chicken Patty on WW Bun Calories 390 Fat 15g Carbs 41g Halal Chicken Cheese Steak Sub Calories 466 Fat 24g Carbs 44g Cheese WG Pizza (v) Calories 303 Fat 14g Carbs 27g	Beef Hot Dog on WW Bun Calories 320 Fat 17g Carbs 29g Fish Sticks w/WW Dinner Roll (v) Calories 307 Fat 9g Carbs 37g Halal Jamaican Beef Patty Calories 270 Fat 9g Carbs 26g
	School Closed	Romaine Salad Potato Salad Tomato Salsa Canned Pears Strawberries 100% Juice Cup Choice of Milk	Romaine Salad Broccoli Slaw Carrot Pack Fruit Cocktail Fresh Apple 100% Juice Cup Choice of Milk	Romaine Salad Carrot Pack Roasted Chic Peas Canned Pineapple Fresh Banana Fresh Apple 100% Juice Cup Choice of Milk	Romaine Salad Pickled Beets Applesauce Fresh Pear 100% Juice Cup Choice of Milk
	School Closed	Turkey & Cheese on WW Bread Calories 296 Fat 11g Carbs 32g Chef Salad Calories 302 Fat 12g Carbs 29g Italian WG Wrap Calories 388 Fat 17g Carbs 41g	Italian Hoagie on WG Sub Roll Calories 380 Fat 14g Carbs 46g Tuna Salad (v) Calories 379 Fat 16g Carbs 43g Buffalo Chicken on WG Wrap Calories 474 Fat 20g Carbs 54g	Tuna Sandwich on WW Bread (v) Calories 308 Fat 11g Carbs 34g Chicken Caesar Salad Calories 257 Fat 7g Carbs 29g Turkey & Cheese on WG Wrap Calories 383 Fat 16g Carbs 40g	Turkeyham & Cheese on WW Bread Calories 419 Fat 16g Carbs 51g Garden Tossed Salad w/Cheese (v) Calories 319 Fat 15g Carbs 33g Chicken Caesar Wrap Calories 372 Fat 15g Carbs 36g
Teresa Smith General Manager (609) 343- 7300 Ext. 4741	Options offered Daily: Yogurt Boat, WOW Butter & Jelly on WW Bread, Cheese Sandwich on WW Bread Calories 350 Fat 11g Carbs 49g Calories 460 Fat 23g Carbs 51g Lunch: \$2.80 Reduced: \$.40 Adult Lunch: \$4.00 The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department To file a complaint of discrimination write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9420, by fax (202) 690-7442 or email at program.intake@usda.gov (v) = vegetarian option				

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit (you may take up to 2 servings): 1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk. You may take all 5 components: You must take 3 components of which one MUST be 1 serving fruit or 1 serving vegetable.





Week of November 19-23, 2018



Pre-Paid Meals Available
Menu Subject to Change

	Monday 11/19/2018	Tuesday 11/20/2018	Wednesday 11/21/2018	Thursday 11/22/2018	Friday 11/23/2018
	WG French Toast Sticks Calories 301 Fat 13g Carbs 43g Turkey Sausage Patty Calories 4120 Fat 0g Carbs 0g Sweet Potato Fries Calories 140 Fat 6g Carbs 13g	Chinese Popcorn Chicken Stir Fry Over Brown Rice Calories 444 Fat 16g Carbs 56g Golden Corn Calories 75 Fat 1g Carbs 14g	WG Cheese Quesadilla (v) Calories 320 Fat 13g Carbs 32g Vegetarian Baked Beans Calories 130 Fat 0g Carbs 29g	Happy Thanksgiving	School Closed
	Hamburger on WW Bun Calories 270 Fat 9g Carbs 26g WG Chicken Patty on WW Bun Calories 390 Fat 15g Carbs 41g Cheese WG Pizza (v) Calories 303 Fat 14g Carbs 27g	Halal Beef Cheese Steak Sub Calories 466 Fat 24g Carbs 44g Grilled Cheese on WW Bread (v) Calories 384 Fat 18g Carbs 34g Pepperoni WG Pizza Calories 336 Fat 17g Carbs 27g	Cheese Steak Sub Calories 386 Fat 24g Carbs 24g Chicken Corn Dog Calories 240 Fat 8g Carbs 30g Cheese WG Pizza (v) Calories 303 Fat 14g Carbs 27g		School Closed
	Spinach Salad Parisian Carrot Salad Canned Peaches Apple Slices 100% Juice Cup Choice of Milk	Spinach Salad Corny Pepper Salad Tomato Salsa Canned Pears Fresh Orange 100% Juice Cup Choice of Milk	Spinach Salad Broccoli Slaw Carrot Sticks Fruit Cocktail Fresh Apple 100% Juice Cup Choice of Milk		School Closed
	Turkey & Cheese on WG Sub Roll Calories 296 Fat 11g Carbs 32g Garden Tossed Salad w/Cheese (v) Calories 319 Fat 15g Carbs 33g Chicken Caesar Wrap Calories 372 Fat 15g Carbs 36g	Turkey & Cheese on WW Bread Calories 296 Fat 11g Carbs 32g Chef Salad Calories 302 Fat 12g Carbs 29g Italian WG Wrap Calories 388 Fat 17g Carbs 41g	Italian Hoagie on WG Sub Roll Calories 380 Fat 14g Carbs 46g Tuna Salad (v) Calories 379 Fat 16g Carbs 43g Buffalo Chicken on WG Wrap Calories 474 Fat 20g Carbs 54g		School Closed
Teresa Smith General Manager (609) 343- 7300 Ext. 4741	Options offered Daily: Yogurt Boat, WOW Butter & Jelly on WW Bread, Cheese Sandwich on WW Bread Calories 350 Fat 11g Carbs 49g Calories 460 Fat 23g Carbs 51g Calories 383 Fat 20g Carbs 32g Lunch: \$2.80 Reduced: \$.40 Adult Lunch: \$4.00 The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department To file a complaint of discrimination write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9420, by fax (202) 690-7442 or email at program.intake@usda.gov (v) = vegetarian option				

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit (you may take up to 2 servings):1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk. You may take all 5 components: You must take 3 components of which one MUST be 1 serving fruit or 1 serving vegetable.





Week of November 26-30, 2018

Pre-Paid Meals Available
Menu Subject to Change



	Monday 11/26/2018	Tuesday 11/27/2018	Wednesday 11/28/2018	Thursday 11/29/2018	Friday 11/30/2018
	Celebration Day!! Confetti Pancakes (v) Turkey Sausage Patty Calories 4120 Fat 0g Carbs 0g Seasoned Carrots Calories 27 Fat .5g Carbs 6g	WG Chicken Nuggets w/WW Dinner Roll Calories 310 Fat 14g Carbs 31g Green Peas Calories 2 Fat 0g Carbs .32g	WG Cheese Quesadilla (v) Calories 320 Fat 13g Carbs 32g Vegetarian Baked Beans Calories 130 Fat 0g Carbs 29g	Baked Ziti w/WW Dinner Roll Calories 465 Fat 17g Carbs 55g Collard Greens Calories 136 Fat 7g Carbs 16g	WG Cheese Pizza (v) Calories 300 Fat 11g Carbs 34g Steamed Green Beans Calories 22 Fat 0g Carbs 3g
	Hamburger on WW Bun Calories 270 Fat 9g Carbs 26g WG Chicken Patty on WW Bun Calories 390 Fat 15g Carbs 41g Cheese WG Pizza (v) Calories 303 Fat 14g Carbs 27g	Halal Beef Cheese Steak Sub Calories 466 Fat 24g Carbs 44g Grilled Cheese on WW Bread (v) Calories 384 Fat 18g Carbs 34g Pepperoni WG Pizza Calories 336 Fat 17g Carbs 27g	BBQ Chicken on WW Bun Calories 254 Fat 4g Carbs 34g Meatball Parm Sub Calories 426 Fat 14g Carbs 53g Cheese WG Pizza (v) Calories 303 Fat 14g Carbs 27g	WG Chicken Patty on WW Bun Calories 390 Fat 15g Carbs 41g Chicken Corn Dog Calories 240 Fat 8g Carbs 30g Cheese WG Pizza (v) Calories 303 Fat 14g Carbs 27g	Beef Hot Dog on WW Bun Calories 320 Fat 17g Carbs 29g Fish Sticks w/WW Dinner Roll (v) Calories 307 Fat 9g Carbs 37g Halal Jamaican Beef Patty Calories 270 Fat 9g Carbs 26g
	Romaine Salad Parisian Carrot Salad Canned Peaches Apple Slices 100% Juice Cup Choice of Milk	Romaine Salad Potato Salad Carrot Sticks Canned Pears Fresh Orange 100% Juice Cup Choice of Milk	Romaine Salad Broccoli Slaw Tomato Salsa Fruit Cocktail Fresh Apple 100% Juice Cup Choice of Milk	Romaine Salad Carrot Pack Roasted Chic Peas Canned Pineapple Fresh Banana 100% Juice Cup Choice of Milk	Romaine Salad Pickled Beets Applesauce Fresh Pear 100% Juice Cup Choice of Milk
	Turkey & Cheese on WG Sub Roll Calories 296 Fat 11g Carbs 32g Garden Tossed Salad w/Cheese (v) Calories 319 Fat 15g Carbs 33g Chicken Caesar Wrap Calories 372 Fat 15g Carbs 36g	Turkey & Cheese on WW Bread Calories 296 Fat 11g Carbs 32g Chef Salad Calories 302 Fat 12g Carbs 29g Italian WG Wrap Calories 388 Fat 17g Carbs 41g	Italian Hoagie on WG Sub Roll Calories 380 Fat 14g Carbs 46g Tuna Salad (v) Calories 379 Fat 16g Carbs 43g Buffalo Chicken on WG Wrap Calories 474 Fat 20g Carbs 54g	Tuna Sandwich on WW Bread (v) Calories 308 Fat 11g Carbs 34g Chicken Caesar Salad Calories 257 Fat 7g Carbs 28g Turkey & Cheese on WG Wrap Calories 383 Fat 16g Carbs 40g	Turkeyham & Cheese on WW Bread Calories 419 Fat 16g Carbs 51g Garden Tossed Salad w/Cheese (v) Calories 319 Fat 15g Carbs 33g Chicken Caesar Wrap Calories 372 Fat 15g Carbs 36g
Teresa Smith General Manager (609) 343- 7300 Ext. 4741	Options offered Daily: Yogurt Boat, WOW Butter & Jelly on WW Bread, Cheese Sandwich on WW Bread Calories 350 Fat 11g Carbs 49g Calories 460 Fat 23g Carbs 51g Lunch: \$2.80 Reduced: \$.40 Adult Lunch: \$4.00 The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department To file a complaint of discrimination write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9420, by fax (202) 690-7442 or email at program.intake@usda.gov (v) = vegetarian option				

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit (you may take up to 2 servings): 1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk. You may take all 5 components: You must take 3 components of which one MUST be 1 serving fruit or 1 serving vegetable.

