

Knowlton Township Elementary School

September 2017 Lunch Menu

Farm Fresh Produce will be available from September 25th through the 29th.

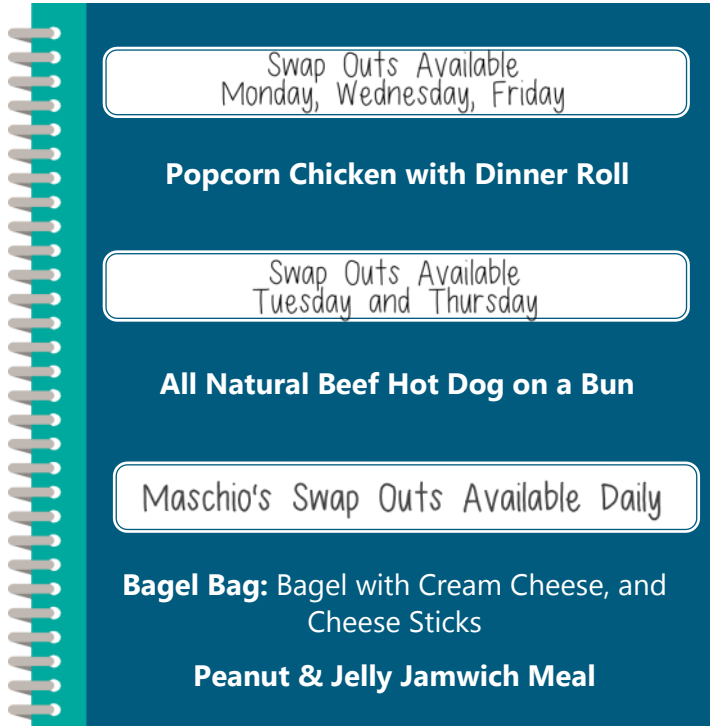
Look out for the Jersey Fresh Symbol on the lunch line!

Local produce decreases the food miles from the farm to your cafeteria.

Local fruits and vegetables are in season and taste great!

All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

| | |
|---------------|--------|
| Student Lunch | \$2.75 |
| Reduced Lunch | \$0.40 |
| Adult Lunch | \$3.25 |



Swap Outs Available
Monday, Wednesday, Friday

Popcorn Chicken with Dinner Roll

Swap Outs Available
Tuesday and Thursday

All Natural Beef Hot Dog on a Bun

Maschio's Swap Outs Available Daily

Bagel Bag: Bagel with Cream Cheese, and Cheese Sticks

Peanut & Jelly Jamwich Meal

Connect with us!   



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
|  | <i>We Hope You Enjoyed Your Summer Vacation!</i> | | | 1 School Closed |
| 4 Labor Day School Closed | 5 School Closed | 6 Welcome Back! Crispy Chicken Sandwich Freshly Prepared Tomato & Cucumber Salad Watermelon Sorbet | 7 Breakfast for Lunch French Toast Sticks Breakfast Sausage Tater Tots Fresh or Chilled Fruit | 8 Hope Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit |
| 11 Chicken Nuggets Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit | 12 Ham & Cheese Sub Smile Fries Fresh or Chilled Fruit | 13 <i>Lucky Tray Day</i> Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit | 14 Cheeseburger on a Bun French Fries Fresh or Chilled Fruit | 15 Stuffed Crust Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit |
| 18 Chicken Fries with Dipping Sauces Dinner Roll Corn Fresh or Chilled Fruit | 19 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit | 20 Pasta with Meat Sauce Warm Garlic Breadstick Green Beans Strawberry Applesauce | 21  Taco Meat, Shredded Cheese, Lettuce, Tomatoes & Salsa Tostitos SCOOPS Steamed Corn Fresh or Chilled Fruit | 22 Mini Cheese Pizza Bagels Fresh Veggie Dippers Fresh or Chilled Fruit |
| 25 Grilled Chicken Sandwich with Lettuce & Tomato Locally Grown Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit | 26 Johnny Appleseed Day Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Locally Grown Apple | 27 Corn Dog Nuggets Baked Beans Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit | 28 Hamburger on a Bun Baked Fries Fresh Baby Carrots Fresh or Chilled Fruit | 29 Hope Pizza Freshly Prepared House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit |



Jersey Fresh Farm to School Week

Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Questions or Concerns?

Please visit www.maschiofood.com or call Maschio's Food Services at: 908-475-5118

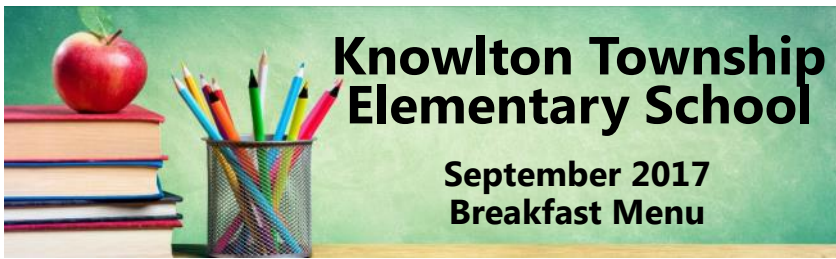
Prepaid Meals are available in the cafeteria:

**Please Make Checks Payable To:
Knowlton Township Board of Education**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



Knowlton Township Elementary School

September 2017
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Bagel Bag:
Bagel with Cream Cheese or Butter

Cereal Bag:
Cereal Bowl with Graham Crackers

Nutrition News:

Farm Fresh Produce will be available from September 25th through the 29th. Look out for the Jersey Fresh Symbol on the lunch line!

Local produce decreases the food miles from the farm to your cafeteria. Local fruits and vegetables are in season and taste great!

Student Breakfast
\$1.50

Adult Breakfast
\$2.00

Reduced Breakfast
\$0.30

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
|  | <i>We Hope You Enjoyed Your Summer Vacation!</i> | | | 1 School Closed |
| 4 Labor Day School Closed | 5 School Closed | 6 Welcome Back! Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection | 7 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection | 8 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection |
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Please Visit:
www.maschiofood.com

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Maschio's
Food Services, Inc.

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