



MILLVILLE PUBLIC SCHOOLS LAKESIDE MIDDLE SCHOOL LUNCH MENU NOVEMBER 2016



A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dishes, and a choice of milk.
Milk choices include skim milk, 1% white and skim chocolate. Fresh Fruit and 100% Fruit Juice based on availability.

School lunches offer students the opportunity to create a meal from a variety of food groups.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	(1)	(2)	(3)	(4)
	Pizza Crunchers or Buffalo Crunchers Seasoned Green Beans Tossed Romaine Salad Chilled Fruit 100% Fruit Juice	Nacho Bar Lettuce / Tomato Cheddar Cheese Sauce Sour Cream/ Salsa Black Beans/Corn Chilled Fruit 100% Fruit Juice	Chicken Dipper Day Chicken Tenders /Popcorn Chicken/ Hot Spicy Tenders Dipping Sauce Oven Baked French Fries	Pizzeria Style Pizza or Stuff Crust Pizza Tossed Romaine Salad Chilled Fruit Garbanzo Bean 100% Fruit Juice
(7)	(8)	(9)	(10)	(11)
Chicken Bowl Popcorn Chicken Over Mashed Potatoes/Gravy Cheddar Cheese/Corn 100% Fruit Juice	Chicken Fajita's Cheddar Cheese Peppers /Onions/Sour Cream Whole Grain Fiesta Rice Corn Fruit	Toasted Cheese Sandwich Tomato Soup Goldfish Crackers French Fries Chilled Fruit 100% Fruit Juice	NJEAN CONVENTION SCHOOL CLOSED	NJEAN CONVENTION SCHOOL CLOSED
(14)	(15)	(16)	(17)	(18)
Double Burger Bar Sautéed Onions Lettuce and Tomato Green Beans Potato Wedges	Chicken Dipper Day Chicken Nuggets /Popcorn Chicken/ Hot and Spicy Tenders Dipping Sauce Oven Baked French Fries Chilled Fruit	Turkey Dinner Stuffing/ Mashed Potatoes/Gravy Sweet Peas Cranberry Sauce Chilled Fruit	Hot Dog on a Bun Macaroni and Cheese Boston Pinto Beans Chilled Fruit 100% Fruit Juice	Pizzeria Style Pizza or Stuff Crust Pizza Tossed Romaine Salad Chilled Fruit 100% Fruit Juice
(21)	(22)	(23)	(24)	(25)
Chicken Patty on a Bun Broccoli and Cheese Lettuce and Tomato Chilled Fruit 100% Fruit Juice	Pizzeria Style Pizza or Stuff Crust Pizza Tossed Romaine Salad Chilled Fruit 100% Fruit Juice	HALF DAY NO LUNCH	THANKSGIVING DAY	THANKSGIVING RECESS
(28)	(29)	(30)		
Cheese Steak Bar Oven Baked French Fries Sautéed Onions/Peppers Lettuce and Tomato Chilled Fruit 100% Fruit Juice	Nacho Bar Lettuce / Tomato Cheddar Cheese Sauce Sour Cream/ Salsa Black Beans/Corn 100% Fruit Juice Fresh Fruit	Spaghetti & Meatballs Garlic Bread Seasoned Spinach Tossed Romaine Salad Chilled Fruit 100% Fruit Juice	 ChooseMyPlate.gov	Fresh Fruit Available Daily 

ALTERNATE ENTRÉE: ASSORTED COLD SANDWICHES, SALADS, SUBS, PEANUT BUTTER & JELLY SANDWICHES
PEPPERONI OR TURKEY HAM AND CHEESE ON A PRETZEL BUN, PIZZA, CHICKEN TENDERS, BUFFALO WRAPS

LUNCH PRICE \$3.00, \$.40 Reduced*, Free*(If Qualified) / USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER