



# OCTOBER 2021 JEFFERSON TOWNSHIP

Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Frank's Pizza
	<b>Weekly Alternate:</b> PizzaBoli			
4 All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	5 Pizza Crunchers	6 All-Beef Hot Dog on a Bun	7 Chicken Teriyaki w/ Vegetable Fried Rice	8 Frank's Pizza
<b>National School Lunch Week</b>				
<b>Weekly Alternate:</b> Cheese Ravioli w/ a Split Top Dinner Roll				
11 <b>COLUMBUS DAY</b> Chicken Nuggets w/ a Split Top Dinner Roll	12 Cheese Lasagna Roll-Up w/ a Split Top Dinner Roll	13 Nachos Grande w/ Beef, Cheese & Scoops	14 Cinnamon-Glazed French Toast Sticks	15 Frank's Pizza
<b>Weekly Alternate:</b> Grilled Cheese Sandwich				
18 Breaded Chicken on a Bun	19 Breaded Mozzarella Sticks	20 Meatball Parmesan	21 Sweet & Sour Chicken w/ Vegetable Fried Rice	22 Frank's Pizza
<b>Weekly Alternate:</b> Cheese Lasagna Roll-Up w/ a Split Top Dinner Roll				
25 All-White Meat Chicken Tenders w/ a Split Top Dinner Roll	26 100% Beef Burger - Cheeseburger on a Bun	27 Mini Pancakes w/ Sausage	28 <b>CELEBRATE HALLOWEEN!</b> Mummy Hot Dog w/ Ghostly Mashed Potatoes	29 Frank's Pizza
<b>Weekly Alternate:</b> Pizza Crunchers			Halloween Pretzel	

### Also Available Daily:

Bagel & Yogurt Lunch w/ a Cheese Stick

Grilled Chicken Caesar Salad w/ a Roll

### Assorted Sandwiches

Italian Hero

Turkey & Cheese Sandwich

Ham Sandwich



Locally Grown Grapes



Locally Grown Peas



**Free meals for all students\***



**At least 50% of All Grains served w/ your meal are Whole Grain Rich**

**FOOD ALLERGIES**

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at [www.pomptonian.com](http://www.pomptonian.com).

### A Complete Lunch Includes:

Entrée (with Protein/Grain)

**Trip to The Farm Stand**  
(students must select at least a serving of fruit or vegetable)

Hormone-Free Milk

**Menu Subject to Change**

Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com)

"This institution is an equal opportunity provider."