



# JANUARY 2020

## JEFFERSON TOWNSHIP Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Fruits & vegetables from The Farm Stand are included with lunch.
 <b>Locally Grown Purple Potatoes</b>	 <b>Locally Grown Asian Pears</b>	 1	 2 French Toast Sticks w/ Pork Sausage Links OR Pork Roll, Egg & Cheese on a Brioche Roll	3 Pizzeria Pizza OR Cheeseburger on a Bun
<b>Weekly Deli Sandwich:</b> Turkey & Pepperoni w/ American Cheese & Lettuce on a Pan Roll				
6 Chicken Sliders on Buns OR Grilled Cheese Sandwich w/ Tomato Soup	7 Baked Chicken Nuggets w/ a Roll OR Baked Ziti w/ Garlic Bread	8 Waffle Sticks w/ Sausage Links & Syrup OR Bacon, Egg & Cheese on a Croissant	9 Chicken Tenders w/ Dipping Sauce & a Roll OR Baked Macaroni & Cheese w/ a Roll	10 Pizzeria Pizza OR Chicken Patty on a Bun
<b>Weekly Deli Sandwich:</b> Salami, Pepperoni & Provolone Cheese on a Tomato Basil Wrap				
13 Popcorn Chicken w/ a Roll, Mashed Potatoes & Gravy OR Cheesesteak on a Roll	14 Pizza Crunchers w/ Marinara Dipping Sauce OR Meatball Parmesan on a Sub Roll	15 French Toast Sticks w/ Sausage Links OR Pork Roll, Egg & Cheese on a Roll	16 Chicken Patty on a Bun OR Hamburger on a Kaiser Roll	17 Pizzeria Pizza OR Barbecue Grilled Chicken on a Brioche Roll
<b>Weekly Deli Sandwich:</b> Turkey & Cheese Wrap w/ Lettuce & Tomato				
20 No School 	21 Baked Mozzarella Sticks w/ Marinara Sauce OR Cheese Calzone w/ Marinara Sauce	22 Cheeseburger on a Bun OR Baked Macaroni & Cheese w/ a Dinner Roll	23 Pancakes w/ Smiley Fries, Turkey Bacon & Syrup OR Sausage, Egg & Cheese on a Croissant	24 Pizzeria Pizza OR Chicken Patty on a Bun
<b>Weekly Deli Sandwich:</b> Ham & Cheese on a Kaiser Roll w/ Lettuce & Tomato				
27 Pizza Crunchers w/ Marinara Dipping Sauce OR Breaded Chicken Parmesan w/ Garlic Butter Noodles	28 Chicken Tenders w/ Dipping Sauce & a Roll OR Grilled Cheese Sandwich on Texas Toast w/ Tomato Soup	29 Nachos Grande w/ Turkey Taco Meat & Scoops Chips OR Cheese Quesadilla w/ Salsa	30 All-Beef Hot Dog on a Bun OR Max Cheese Sticks w/ Marinara Sauce	31 Pizzeria Pizza OR Meatball Parmesan on a Sub Roll
<b>Weekly Deli Sandwich:</b> Turkey Breast on a Kaiser Roll w/ Lettuce & Tomato				

### ALSO AVAILABLE DAILY

#### SALAD LUNCH (each salad includes a Roll)

Chef's Salad: Tossed Greens w/ Turkey, Ham & Cheese  
 Chicken Caesar Salad: Tossed Greens w/ Sliced Chicken & Caesar Dressing  
 Green Salad: Tossed Greens w/ Cucumbers, Grape Tomatoes, Celery, Green Peppers, Broccoli & your choice of Egg or Cheese

#### BAGEL MEAL

Bagel w/ Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand

#### YOGURT LUNCH

4 oz. Yogurt, Cheese Stick, Pretzels, Bread & a Trip to The Farm Stand

#### DELI SANDWICH

Italian Mini Hero w/ Ham, Salami, Provolone Cheese, Lettuce & Tomato  
 Tuna on a Kaiser Roll w/ Lettuce & Tomato

#### ASSORTED BENTO BOXES

Including Fruit & Cheese Platter, Falafel, Hummus & Build-Your-Own Pizza

#### MAKE CHECKS PAYABLE TO:

#### JEFFERSON TOWNSHIP NUTRITION SERVICES

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 (w/ Protein/Grain)  
**Trip to The Farm Stand**  
 (students must select at least a serving of fruit or vegetable)  
 Milk Choice: 1% White, Skim, or Non-Fat Chocolate  
**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."



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