



# OCTOBER 2019

## ROCKAWAY BOROUGH Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Locally Grown Pumpkins</b></p>		<p><b>Fruits &amp; vegetables from The Farm Stand are included with lunch.</b></p>	<p><b>NATIONAL FARM to SCHOOL MONTH</b></p>	
	<p>1 Grilled Cheese Sandwich with Tomato Soup</p> <p><b>Weekly Alternate:</b> Popcorn Chicken with Dip &amp; a Roll</p>	<p>2 Chicken &amp; Cheese Quesadilla</p>	<p>3 All-Beef Hot Dog on a Bun with Smile Fries</p> <p><b>Sea Otter Awareness Week</b> </p>	<p>4 Pizzeria Pizza</p>
<p>7 Chicken Sliders on Buns with Fries</p> <p><b>Weekly Alternate:</b> Baked Mozzarella Sticks with Marinara Sauce</p>	<p>8 Cheesesteak on a Bun with Tater Tots</p>	<p>9 French Toast Sticks with an Egg Patty</p>	<p>10 All-White Meat Chicken Nuggets with a Roll &amp; Mashed Potatoes</p>	<p>11 Pizzeria Pizza</p>
<p>14 <b>COLUMBUS DAY NO SCHOOL</b></p> <p><b>National School Lunch Week</b></p>	<p>15 Pasta with Meat Sauce &amp; Garlic Bread</p>	<p>16 Meatball Parmesan on a Roll</p> <p><b>Weekly Alternate:</b> All-White Meat Chicken Nuggets with a Roll</p>	<p>17 Baked Macaroni &amp; Cheese with a Dinner Roll</p>	<p>18 Pizzeria Pizza</p>
<p>21 Popcorn Chicken with Dip &amp; a Roll</p> <p><b>Weekly Alternate:</b> Chicken &amp; Cheese Quesadilla</p>	<p>22 All-Beef Hot Dog on a Bun with French Fries</p>	<p>23 Wild Wing Wednesday - Boneless Chicken Wings in BBQ or Hot Sauce with a Roll</p>	<p>24 French Toast Sticks with an Egg Patty</p>	<p>25 Pizzeria Pizza</p>
<p>28 Grilled Cheese Sandwich with Tomato Soup</p>	<p>29 Baked Mozzarella Sticks with Marinara Sauce</p> <p><b>Weekly Alternate:</b> Breaded Chicken Fillet on a Bun</p>	<p>30 Cheeseburger on a Bun with Fries</p>	<p><b>Halloween</b> 31 Pizza Crunchers with Marinara Sauce</p>	

**ALSO AVAILABLE DAILY**

**SALAD LUNCH (each salad includes Sliced French Bread)**

Chef's Salad: Tossed Greens with Turkey, Ham & Cheese  
 Chicken Caesar Salad: Tossed Greens with Sliced Chicken & Caesar Dressing

**BAGEL MEAL**

Bagel with Cream Cheese, Low-Fat Cheese Sticks & a trip to The Farm Stand

**YOGURT LUNCH**

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

**CEREAL LUNCH**

Choice of Cereal, Low-Fat Cheese Sticks & a trip to The Farm Stand

**DELI SANDWICH**

Turkey Sandwich: Turkey Breast on a Roll with Lettuce & Tomato  
 Ham Sandwich: Ham on a Wrap with Lettuce & Tomato



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

"This institution is an equal opportunity provider."

**A Complete Lunch Includes:**

Entrée (with 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)



**Locally Grown Honeycrisp Apples**

