

DECEMBER 2021

East Windsor Public Schools

LUNCH



AVAILABLE
 FRESH FRUIT PATTY WITH YOGURT AND BAGEL
 ASSORTED SALADS with a roll
 Assorted Sandwiches
 This is an equal opportunity employer



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Crispy, Spicy or Grilled Chicken Patty
 Smiley Potatoes
 Choice of Fruit
 Alt: Corn Dog Nuggets

Popcorn Chicken
 Mashed Potatoes
 Gravy
 Corn
 Choice of Fruit
 MS/HS Biscuit

Pizza Crunchers
 Choice of Fruit
 Garden Salad
 MS/HS Hummus Boat

Meatballs with Marinara
 Garlic Breadstick
 Onion Rings
 MS/HS Meatball Sub

Mini Pancakes
 Hash Brown
 Sausage Links
 Choice of Fruit

Grilled Cheese
 Tomato Soup
 Baked Beans
 Choice of Fruit
 Alt: BBQ Rib on a roll

Chicken Tenders
 Mac & Cheese
 Corn
 Choice of Fruit
 MS/HS Dinner roll

Deep Dish Pizza
 Tossed Salad
 Choice of Fruit
 MS/HS Pasta Salad

Tacos
 Rice
 Green Beans
 Salsa & Sour Cream

Cheeseburger or Hamburger
 Potato Puffs
 Pickle Chips
 Alt: Fish on a Roll

Mozzarella Sticks
 Marinara Sauce
 Garlic Knot
 Marinated Cucumbers
 Choice of Fruit

Chicken Nuggets
 Buttered Noodles
 Glazed Carrots
 Choice of Fruit
 MS/HS Cornbread

Pizza
 Garden Salad
 Choice of Fruit
 MS/HS Potato Salad

WINTER

BREAK!!