

SEPTEMBER 2021

East Windsor Public Schools

LUNCH



AVAILABLE
FRESH FRUIT PATTY WITH YOGURT AND
BAGEL
ASSORTED SALADS with a roll
Assorted Sandwiches



September is Whole Grains Month! 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



Deep dish pizza
Tossed salad
Choice of fruit

Chicken nuggets
Buttered noodles
Glazed carrots
HS/MS Cornbread

Cheeseburger or
Hamburger
French fries
Pickle chips
Alt. Fish sticks

Labor Day

Chicken or Cheese
Quesadilla
Rice
Corn
Choice of fruit

Stuffed crust pizza
Garden salad
Choice of fruit
MS/HS Coleslaw

Meatballs & marinara
Garlic breadstick
Onion rings
MS/HS meatball grinder

Panini's
Turkey/bacon ,
Turkey/cheese, Ham/cheese,
Italian Combo
Cape Cod chip & Fruit

Calzone
Marinara sauce
Broccoli w/ cheese
Choice of fruit
Alt. Hot dog on bun

Chicken Tenders
Mashed potatoes
Gravy
Corn
Choice of fruit
MS/HS Biscuit

Mike's Cheese Bite's
Marinara sauce
Tossed Salad
Choice of fruit
MS/HS Pasta Salad

Sloppy nacho's
Green beans
Sour cream & salsa
Choice of fruit
MS/HS Black Bean salsa

Cheesburg or Hamburg
Potato puffs
Pickle chips
Choice of fruit
Alt Fish on a roll

Grilled cheese
Tomato soup
Baked beans
Choice of fruit
Alt BBQ rib on a roll

Orange chicken
Rice
Broccoli
Choice of Fruit
BBES Popcorn chicken

French Bread Pizza
Garden salad
Choice of fruit
MS/HS Veggie sticks w/ dip

Pasta
Meat sauce
Garlic breadstick
Green beans
Choice of fruit

Mini Pancakes
Hash Browns
Sausage links
Choice of fruit or juice

Baked potato bar
Chili with meat
Broccoli with cheese
Dinner roll
Choice of fruit
Alt Hot dog on a bun

Salisbury steak
Mashed potatoes w/ gravy
Corn
Biscuit
Choice of fruit
BBES Chicken Nuggets

Pizza Crunchers
Tossed salad
Choice of fruit
MS/HS Baby carrots w/ dip

Tacos
Rice
Green beans
Salsa & sour cream
Choice of fruit
MS/HS Black bean salsa