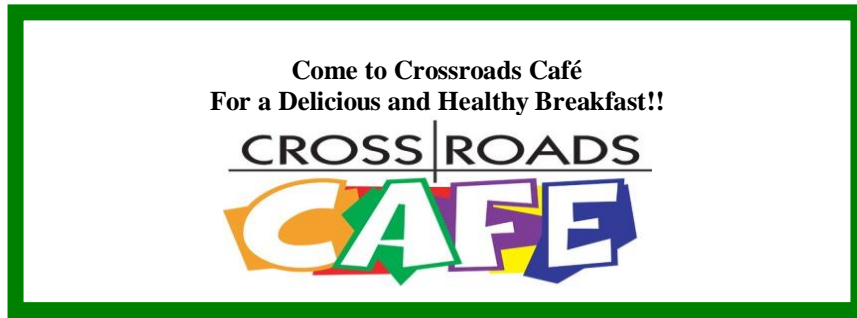


March 2017 Breakfast



		1	2	3
		Egg & Cheese w/English Muffin	Pancake w/Syrup Turkey Bacon	Big Breakfast Scramble Egg, Grits & Turkey Sausage
6	7	8	9	10
Turkey Canadian ham w/ Cheese on Bun	French Toast w/ Syrup Turkey Sausage Link	Egg & Cheese Bread Bowl	Hot Oatmeal w/ Sliced Fruit	Big Breakfast Scramble Egg, Grits & Turkey Bacon
13	14	15	16	17
Turkey Canadian ham w/ Cheese on Bun	Chicken & Waffles w/ Syrup	Big Breakfast Scramble Egg, Grits & Turkey Bacon	No School	No School
20	21	22	23	24
Egg & Cheese w/English Muffin	Pancakes w/ Syrup Turkey Sausage Link	Egg & Cheese w/Bagel	Hot Oatmeal w/ Sliced Fruit	Big Breakfast Scramble Egg, Grits & Turkey Sausage
27	28	29	30	
Turkey Canadian ham w/ Cheese on Bun	Chicken & Waffles w/ Syrup	Egg & Cheese w/English Muffin	Pancake w/Syrup Turkey Bacon	Served Daily: Whole Grain Pop tarts Muffins Bagels Whole grain Donuts/Cinnamon rolls Yogurt Parfaits Cereal w/ Graham Cracker Fresh and canned fruit



March 1-3, 2017

Pre-Paid Meals Available

Menu Subject to Change

East Orange High School	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
			Teriyaki Chicken w/Rice Green Beans	Meatball Parm Bread Bowl Seasoned Carrots	Foot Long Dogs With toppings Cheese Fries
			Cheeseburger On Bun Honey BBQ Chicken On Bun Panini: Meatball Mozzarella	Philly Cheese Steak On Roll Buffalo Chicken Patty On Bun / Panini: Meatball Mozzarella	Turkey Burger Fish Fillet & Cheese On Bun Panini: Meatball Mozzarella
			Cheese Pizza Turkey Pepperoni Pizza Buffalo Chicken Pizza	Cheese Pizza Turkey Pepperoni Pizza Buffalo Chicken Pizza	Cheese Pizza Turkey Pepperoni Pizza Buffalo Chicken Pizza
			Romaine Salad Pasta Salad Cucumber Slices w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Romaine Salad Pasta Salad Cucumber Slices w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Romaine Salad Pasta Salad Cucumber Slices w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk
 			Deli Made To Order Chef Salad Nachos w/ cheese & salsa	Deli Made To Order Chef Salad Nachos w/ cheese & salsa	Deli Made To Order Chef Salad Nachos w/ cheese & salsa
<i>Ysanda Shivers</i> <i>General Manager</i> 973 414-6031	<p>Enhanced Options available daily with each Meal! Choice of Reduced Fat and Fat Free Milk, PBJ sandwich, Vegetarian Meals available Upon request Fresh & Canned Fruit, Assorted Juice. Lunch: \$2.55 Reduced: \$.40 Adult Lunch: \$3.50</p> <p>The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department To file a complaint of discrimination write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9420, by fax (202) 690-7442 or email at program.intake@usda.gov</p>				

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit: 1 Serving Vegetable (you may take up to 2 servings):1 Serving Milk
 You may take all 5 components: You must take 3 components of which one MUST be 1 serving fruit or 1 serving vegetable.





March 6-10, 2017

Pre-Paid Meals Available

Menu Subject to Change

East Orange High School	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
	Chicken Nuggets w/ Curly Fries & Cilantro Lime Slaw	Meatloaf w/ Mashed Potatoes & Gravy Roasted Carrots	Chicken Alfredo Penne & Garlic Bread Green Beans	BBQ Chicken Mac & Cheese Collard Greens	"Macho Nachos" w/ shredded lettuce cheese ,salsa and sour cream with Mexicali Corn
	Cheeseburger On Bun Rib B Que Sandwich Panini: Turkey Florentine	Twin Hotdog On Bun Sriracha Ranch Chicken on Flatbread Panini: Turkey Florentine	Cheeseburger On Bun Honey BBQ Chicken On Bun Panini: Turkey Florentine	Spicy Chicken Patty On Bun Carolinian BBQ Sandwich Panini: Turkey Florentine	Cheeseburger On Bun Honey BBQ Chicken On Bun Panini Turkey Florentine
	Cheese Pizza Turkey Pepperoni Pizza Specialty Cheese Burger Pizza	Cheese Pizza Turkey Pepperoni Pizza Specialty Cheese Burger Pizza	Cheese Pizza Turkey Pepperoni Pizza Specialty Cheese Burger Pizza	Cheese Pizza Turkey Pepperoni Pizza Specialty Cheese Burger Pizza	Cheese Pizza Turkey Pepperoni Pizza Specialty Cheese Burger Pizza
	Baby Spinach Salad Potato Salad Baby Carrots w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Baby Spinach Salad Potato Salad Baby Carrots w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Baby Spinach Salad Potato Salad Baby Carrots w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Baby Spinach Salad Potato Salad Baby Carrots w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Baby Spinach Salad Potato Salad Baby Carrots w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk
 	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa

Enhanced Options available daily with each Meal! Choice of Reduced Fat and Fat Free Milk, PBJ sandwich

Vegetarian Meals available Upon request

Fresh & Canned Fruit, Assorted Juice.

Lunch: \$2.55 Reduced: \$.40 Adult Lunch: \$3.50

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Sandra Shivers
General Manager
973 414-6031

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit:
1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk
You may take all 5 components: You must take 3 components of which one
MUST be 1 serving fruit or 1 serving vegetable.





March 13-17, 2017

Pre-Paid Meals Available

Menu Subject to Change

East Orange High School	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
	Popcorn Chicken Bowl w/ Mashed Potatoes & Gravy Corn Kernels & Shredded Cheddar	Over Loaded Bake Potato Bar Steamed Broccoli	½ Day Grab & GO	Administrative Day School Closed	Administrative Day School Closed
	Cheeseburger On Bun Luther Burger Panini: Monte Cristo	Cheeseburger On Bun Spicy Chicken Patty On Bun Panini: Monte Cristo	Cheeseburger On Bun		
	Cheese Pizza Turkey Pepperoni Pizza Specialty Cheese Burger Pizza	Cheese Pizza Turkey Pepperoni Pizza Specialty Cheese Burger Pizza	Cheese Pizza Turkey Pepperoni Pizza		
	Baby Spinach Salad Potato Salad Baby Carrots w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Baby Spinach Salad Potato Salad Baby Carrots w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Baby Spinach Salad Asst. Fresh Fruit Chilled Fruit Choice of Milk		
 	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Grilled Chicken Caesar Salad		

Yolanda Shivers
General Manager
(973) 414-6031

Enhanced Options available daily with each Meal! Choice of Reduced Fat and Fat Free Milk, PBJ sandwich
Vegetarian Meals available Upon request
 Fresh & Canned Fruit, Assorted Juice.
 Lunch: \$2.55 Reduced: \$.40

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1 Serving Grain: 1 Serving Fruit:
 1 Serving Vegetable (you may take up to 2, D.C. 20250-9420, by fax (202) 690-7442 or email at program.intake@usda.gov)

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit:
 1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk
 You may take all 5 components: You must take 3 components of which one
MUST be 1 serving fruit or 1 serving vegetable.





March 20-24, 2017

Pre-Paid Meals Available

Menu Subject to Change

East Orange High School	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
	Chicken Sticks w/Tator Tots Sweet Corn Dinner Roll	Herb Roast Turkey Slice w/ Mash Potato Broccoli Breadstick	Spaghetti w/ Beef Meatballs Garlic Spinach Garlic Knots	Oven Fried Chicken Sweet Yams Garlic Green Beans	Soft Chicken Fajita Roasted Peppers & Onions Latin Black Beans
	Cheeseburger On Bun Chicken Parm On Bun Panini: Patty Melt	Cheeseburger On Bun Chicken Parm On Bun Panini: Patty Melt	Cheeseburger On Bun Philly Cheese Steak Wrap Panini: Patty Melt	Cheeseburger On Bun Fish Po-Boy On Hero Panini: Patty Melt	Cheeseburger On Bun Meatball Parm Hero Panini: Patty Melt
	Cheese Pizza Turkey Pepperoni Pizza Specialty Hawaiian Pizza	Cheese Pizza Turkey Pepperoni Pizza Specialty Hawaiian Pizza	Cheese Pizza Turkey Pepperoni Pizza Specialty Hawaiian Pizza	Cheese Pizza Turkey Pepperoni Pizza Specialty Hawaiian Pizza	Cheese Pizza Turkey Pepperoni Pizza Specialty Hawaiian Pizza
	Romaine Salad Creamy Cole Slaw Celery Sticks w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Romaine Salad Creamy Cole Slaw Celery Sticks w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Romaine Salad Creamy Cole Slaw Celery Sticks w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Romaine Salad Creamy Cole Slaw Celery Sticks w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Romaine Salad Creamy Cole Slaw Celery Sticks w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk
 	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa

Ms. Sandra Shivers
General Manager
(973) 414-6031

Enhanced Options available daily with each Meal! Choice of Reduced Fat and Fat Free Milk, PBJ sandwich
Vegetarian Meals available Upon request
 Fresh & Canned Fruit, Assorted Juice.
 Lunch: \$2.55 Reduced: \$.40

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What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit:
 1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk
 You may take all 5 components: You must take 3 components of which one
 MUST be 1 serving fruit or 1 serving vegetable.



March 27-30, 2017

East Orange High School	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
CREATIONS	Chicken Parm On Bun Garlic Egg Noodle Steamed Spinach	General Tso's Chicken w/Brown Rice Broccoli Cuts	Cheesy Chili Mac W/Garlic Bread Steamed Sweet Peas	Crazy Nachos w/Turkey Taco Mexicali Corn	
GRILL	Cheeseburger On Bun Luther Burger Panini: Patty Melt	Cheeseburger On Bun Luther Burger Panini: Patty Melt	Cheeseburger On Bun Luther Burger Panini: Patty Melt	Cheeseburger On Bun Luther Burger Panini: Patty Melt	
PIZZA	Cheese Pizza Turkey Pepperoni Pizza Specialty Pizza Bagel	Cheese Pizza Turkey Pepperoni Pizza Specialty Pizza Bagel	Cheese Pizza Turkey Pepperoni Pizza Specialty Pizza Bagel	Cheese Pizza Turkey Pepperoni Pizza Specialty Pizza Bagel	
SALADS	Baby Spinach Salad Potato Salad Zucchini Sticks w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Baby Spinach Salad Potato Salad Zucchini Sticks w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Baby Spinach Salad Potato Salad Zucchini Sticks w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	Baby Spinach Salad Potato Salad Zucchini Sticks w/ dip Asst. Fresh Fruit Chilled Fruit Choice of Milk	
DELI FAST TAKES	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	Deli Made To Order Grilled Chicken Caesar Salad Nachos w/ cheese & salsa	

Sandra Shivers
General Manager
(973) 414-6031

Enhanced Options available daily with each Meal! Choice of Reduced Fat and Fat Free Milk, PBJ sandwich
Vegetarian Meals available Upon request
 Fresh & Canned Fruit, Assorted Juice.
 Lunch: \$2.55 Reduced: \$.40

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