

March 2017

Breakfast

Come to Did You Know Café
For a Delicious and Healthy Breakfast!!



100 % Juice and Milk Available

<p>SERVED DAILY Muffin Bagel Yogurt Cereal WG poptart Fresh Fruit, Juice & Fruit Cup</p>		<p>Waffles w/ syrup & Turkey Sausage Link Bkfst in the Classroom Mini Blueberry Waffles #371733</p>	<p>French Toast Sticks w/ Syrup Bkfst in the Classroom Tripple Berry French Toast #312633</p>	<p>Pancake Sandwich w/ Egg, Cheese & Turkey Canadian Bacon Bkfst in the Classroom Mini Strawberry Pancakes #518760</p>
<p>Pancakes w/ Syrup Bkfst in the Classroom Mini Strawberry Bagel #441652</p>	<p>Egg Patty w/ Cheese On a Bagel Bkfst in the Classroom Blueberry Muffin #404387</p>	<p>Waffles w/ syrup & Turkey Sausage Link Bkfst in the Classroom Mini Cinnamon Roll #285548</p>	<p>French Toast Sticks w/ Syrup Bkfst in the Classroom Mini Cinn. French Toast #311682</p>	<p>Egg Patty w/ Cheese On wg Ham Bun Bkfst in the Classroom Powdered Donuts #517590</p>
<p>Pancakes w/ Syrup Bkfst in the Classroom Plain Bagel w/ Cream Cheese & Jelly</p>	<p>Egg & Cheese Omelet w/ biscuit Bkfst in the Classroom Glazed Doughnut #408411</p>	<p>Waffles w/ syrup w/ Turkey Sausage Patty Bkfst in the Classroom Mini Blueberry Waffles #371733</p>	<p>French Toast Sticks w/ Turkey Sausage Link Bkfst in the Classroom Tripple Berry Mini French Toast #312633</p>	<p>Egg & Cheese Omelet w/ Hashbrown Patties Bkfst in the Classroom Egg & Cheese Sandwich #414031</p>
<p>Pancakes w/ syrup & Turkey Canadian Ham Bkfst in the Classroom Mini Strawberry Bagel #441652</p>	<p>Egg & Cheese On a Hamburger Bun Bkfst in the Classroom Chocolate Chip Muffin #404388</p>	<p>Waffles w/ syrup Bkfst in the Classroom Cherry/Apple Frudel #264281</p>	<p>French Toast Sticks w/ Syrup Bkfst in the Classroom Mini Cinn. French Toast #311662</p>	<p>Pancake Sandwich w/ Egg, Cheese & Turkey Canadian Bacon Bkfst in the Classroom Mini Blueberry Waffles #371733</p>
<p>Pancakes w/ Syrup Turkey Sausage Patty Bkfst in the Classroom Mini Cinnamon Bagel #441988</p>	<p>Sausage & Cheese Biscuit Bkfst in the Classroom Banana Muffin #404386</p>			



Week of March 1-3, 2017



Pre-Paid Meals Available
Menu Subject to Change

East Orange Middle School	Monday	Tuesday	Wednesday 03/01/2017	Thursday 03/02/2017	Friday 03/03/2017
			Turkey Roast w/Gravy Collard Green	Chicken Fingers w/Brown Rice Green Beans	Big Daddy Pizza Oven Baked Fries
		Read Across America 	Swedish Meatballs	Hamburger on Bun	Crispy Fish Sandwich
		Truth's Culture Day Celebration March 10th	Romaine Side Salad Carrots Sticks w/ dip Broccoli Slaw Potato Salad Asst. Fresh Fruit Choice of Milk	Romaine Side Salad Carrots Sticks w/ dip Broccoli Slaw Potato Salad Asst. Fresh Fruit Choice of Milk	Romaine Side Salad Carrots Sticks w/ dip Broccoli Slaw Potato Salad Asst. Fresh Fruit Choice of Milk
			Tuna Salad Hoagie Turkey and Cheese Wrap Chef salad	Tuna Salad Hoagie Turkey and Cheese Wrap Chef salad	Tuna Salad Hoagie Turkey and Cheese Wrap Chef salad
	<p>Options offered Daily: Yogurt Boat, Peanut Butter & Jelly on WW Bread, Cheese Sandwich on WW Bread Lunch: \$2.65 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.





Week of March 6-10, 2017



Pre-Paid Meals Available
Menu Subject to Change

Middle School	Monday 03/06/2017	Tuesday 03/07/2017	Wednesday 03/08/2017	Thursday 03/09/2017	Friday 03/10/2017
	Chicken Fingers w/Dips Kernel Corn	BBQ Chicken Sweet Potatoe Fries	Penne Pasta w/ Meat sauce Sautéed Green Beans	Turkey Roast Sweet Potatoes Sweet Peas	Big Daddy Pizza w/ Cheese or Pepperoni Candied Carrots
	Hamburger/ Cheese Burger Or Chicken Patty	Hamburger/ Cheese Burger Or Buffalo Chicken Patty	Hamburger/ Cheese Burger Or Chicken Patty	Hamburger/ Cheese Burger Or Spicy Chicken Patty	Hamburger/ Cheese Burger Or Chicken Patty
	Romaine Side Salad Celery Stick w/dip Carrot Sticks w/dip Asst. Fresh Fruit Choice of Milk Asst.100% Juice Cup	Romaine Side Salad Celery Stick w/dip Carrot Sticks w/dip Asst. Fresh Fruit Choice of Milk Asst.100% Juice Cup	Romaine Side Salad Celery Stick w/dip Carrot Sticks w/dip Asst. Fresh Fruit Choice of Milk Asst.100% Juice Cup	Romaine Side Salad Celery Stick w/dip Carrot Sticks w/dip Asst. Fresh Fruit Choice of Milk Asst.100% Juice Cup	Romaine Side Salad Celery Stick w/dip Carrot Sticks w/dip Asst. Fresh Fruit Choice of Milk Asst.100% Juice Cup
	Tuna on Wheat Turkey Ham & Cheese Wrap Tuna Salad Garden Tossed Salad w/ cheese	Tuna on Wheat Turkey Ham & Cheese Wrap Tuna Salad Garden Tossed Salad w/ cheese	Tuna on Wheat Turkey Ham & Cheese Wrap Tuna Salad Garden Tossed Salad w/ cheese	Tuna on Wheat Turkey Ham & Cheese Wrap Tuna Salad Garden Tossed Salad w/ cheese	Tuna on Wheat Turkey Ham & Cheese Wrap Tuna Salad Garden Tossed Salad w/ cheese
<p>Options offered Daily: Yogurt Boat, Peanut Butter & Jelly on WW Bread, Cheese Sandwich on WW Bread Lunch: \$2.65 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, 1490 L Street NW, Washington, DC 20250 or email at program.intake@usda.gov</p>					

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1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk
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Week of March 13-17 2017



Pre-Paid Meals Available
Menu Subject to Change

	Monday 03/13/2017	Tuesday 03/14/2017	Wednesday 03/15/2017	Thursday 03/16/2017	Friday 03/17/2017
	Chicken Strips Kernel Corn Dinner Roll	St. Patrick Lunch Corned beef Cabbage Mac & Cheese	Italian Hot Dog w/Peppers & Onions Oven Fries	School Closed	School Closed
	Rodeo Burger on Bun Or Chicken Patty	Spicy Chicken Patty Or Cheeseburger on Bun	Italian Cheeseburger	School Closed	School Closed
	Classic Salad Mix Greek Salad Cucumbers w/dip Asst. Fresh Fruit Choice of Milk Asst. 100% Juice Cup	Classic Salad Mix Greek Salad Cucumbers w/dip Asst. Fresh Fruit Choice of Milk Asst. 100% Juice Cup	Classic Salad Mix Greek Salad Cucumbers w/dip Asst. Fresh Fruit Choice of Milk Asst. 100% Juice Cup	School Closed	School Closed
	Tuna Wrap Turkey & Cheese on Roll Garden Tossed w/ Cheese	Tuna Wrap Turkey & Cheese on Roll Garden Tossed w/ Cheese	Tuna Wrap Turkey & Cheese on Roll Garden Tossed w/ Cheese	School Closed	School Closed

Options offered Daily: Yogurt Parfait Peanut Butter & Jelly on WW Bread,
Veggie Burger on WW Bun

Lunch: \$2.65 Reduced: \$.40 Adult Lunch: \$ 3.50

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1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk
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Week of March 20-24, 2017



Pre-Paid Meals Available
Menu Subject to Change

	Monday 03/20/2017	Tuesday 03/21/2017	Wednesday 03/22/2017	Thursday 03/23/2017	Friday 03/24/2017
	Chicken Drumstick Basket w/ Dinner Roll Tater Tots	General TSO Chicken Brown Rice Broccoli	Penne Pasta w/Meat sauce Sweet Peas	Oven Sliced Turkey w/gravy Mashed Potatoes Kernel Corn	Big Daddy Asst. Pizza Sweet Potato Fries
	Cheddar Mushroom Burger Or Chicken Patty	Spicy Chicken Patty Or Cheeseburger	Chicken Parmesan on Bun Or Cheeseburger	Spicy Chicken Patty Or Cheeseburger	Fish Fillet w/Cheese On Bun Or Cheeseburger
	Spinach Side Salad Zucchini Coins w/ Dip Asst. Fresh Fruit Choice of Milk	Spinach Side Salad Zucchini Coins w/ Dip Asst. Fresh Fruit Choice of Milk	Spinach Side Salad Zucchini Coins w/ Dip Asst. Fresh Fruit Choice of Milk	Spinach Side Salad Zucchini Coins w/ Dip Asst. Fresh Fruit Choice of Milk	Spinach Side Salad Zucchini Coins w/ Dip Asst. Fresh Fruit Choice of Milk
	Tuna on Kaiser Chicken Caesar Wrap Tuna Salad	Tuna on Kaiser Chicken Caesar Wrap Tuna Salad	Tuna on Kaiser Chicken Caesar Wrap Tuna Salad	Tuna on Kaiser Chicken Caesar Wrap Tuna Salad	Tuna on Kaiser Chicken Caesar Wrap Tuna Salad

Options offered Daily: Yogurt Boat, Peanut Butter & Jelly on WW Bread, Cheese Sandwich on WW Bread

Lunch: \$2.65 Reduced: \$.40 Adult Lunch: \$3.50

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1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk
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MUST be 1 serving fruit or 1 serving vegetable.





Week of March 27-31, 2017



Pre-Paid Meals Available
Menu Subject to Change

East Orange Middle School	Monday 03/27/2017	Tuesday 03/28/2017	Wednesday 03/29/2017	Thursday 3/30/2017	Friday 3/31/2017
	Turkey Frank on Bun Vegetarian Beans	Chicken Nuggets Oven Baked Fries	Sloppy Joe Sandwich Green Beans	Chicken Fajita Rice & Beans	Big Daddy Asst. Pizza Green Beans
	Cheeseburger w/Turkey Bacon or Buffalo Chicken Patty	Chicken Patty Sandwich Or Cheeseburger	Chicken Patty Sandwich Or Cheeseburger	Jamaican Beef Patty Or Cheeseburger	Chicken Patty Sandwich Or Cheeseburger
	Romaine Side Salad Carrots Sticks w/ dip Broccoli Slaw Asst. Fresh Fruit Choice of Milk	Romaine Side Salad Carrots Sticks w/ dip Broccoli Slaw Asst. Fresh Fruit Choice of Milk	Romaine Side Salad Carrots Sticks w/ dip Broccoli Slaw Asst. Fresh Fruit Choice of Milk	Romaine Side Salad Carrots Sticks w/ dip Broccoli Slaw Asst. Fresh Fruit Choice of Milk	Romaine Side Salad Carrots Sticks w/ dip Broccoli Slaw Asst. Fresh Fruit Choice of Milk
	Italian Combo Wrap Chicken Caesar Salad Chef Salad	Italian Combo Wrap Chicken Caesar Salad Chef Salad	Italian Combo Wrap Chicken Caesar Salad Chef Salad	Italian Combo Wrap Chicken Caesar Salad Chef Salad	Italian Combo Wrap Chicken Caesar Salad Chef Salad
<p>Options offered Daily: Yogurt Boat, Peanut Butter & Jelly on WW Bread, Cheese Sandwich on WW Bread Lunch: \$2.65 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>					

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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.

