



FEBRUARY MENDHAM TOWNSHIP 2019 Elementary School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Local Pink Lady Apples



American Heart Month



- Dante's Pizza
- Grilled Balsamic Vegetable Panini w/ Mozzarella Cheese

4	5	6	7	8
<ul style="list-style-type: none"> • Cheese Quesadilla w/ Salsa • All-White Meat Chicken Tenders • Steamed Corn 	<ul style="list-style-type: none"> • All-Beef Hot Dog on a Whole Wheat Bun • 100% All-Beef Sliders w/ American Cheese on Buns • Baked Beans 	<ul style="list-style-type: none"> • All White Meat Chicken Nuggets • Whole Grain Pasta w/ Marinara Sauce • Steamed Spinach 	<ul style="list-style-type: none"> • Belgian Waffle Sticks w/ Syrup & Sausage • Baked Chicken Wings • Curly Fries • Peas & Carrots 	<ul style="list-style-type: none"> • Dante's Pizza • Homemade Yogurt Parfait

11	12	13	14	15
<ul style="list-style-type: none"> • Grilled Cheese on Wheat Bread • Baked Stuffed Shells w/ Marinara Sauce • Steamed Carrots 	<ul style="list-style-type: none"> • Nachos Grande w/ Turkey Taco Meat, Cheese, Salsa & Sour Cream • All-White Meat Chicken Fillet Sandwich • Mixed Veggies 	<ul style="list-style-type: none"> • Whole Grain Popcorn • Chicken Bites w/ Dipping Sauce • Homemade Baked Macaroni & Cheese • Green Beans 	<p>Valentine's Day</p> <ul style="list-style-type: none"> • Meatballs & Marinara Sauce on Italian Bread • Grilled Barbecue Chicken & Cheese Wrap • Grilled Veggies 	<p>EARLY DISMISSAL NO LUNCH SERVED</p>

18	19	20	21	22
<p>Presidents' Day</p>	<p>Presidents' Day</p>	<ul style="list-style-type: none"> • All-Beef Hot Dog on a Whole Wheat Bun • All-White Meat Chicken Nuggets w/ Dipping Sauce • Steamed Corn 	<ul style="list-style-type: none"> • Whole Grain Pancakes w/ Turkey Bacon • Grilled Chicken & Cheese on a Kaiser Roll • Baked Potato Smiles 	<ul style="list-style-type: none"> • Dante's Pizza • Homemade Yogurt Parfait

25	26	27	28
<ul style="list-style-type: none"> • 100% All-Beef Burger on a Whole Wheat Bun • General Tso's Chicken over Brown Rice • Steamed Broccoli 	<ul style="list-style-type: none"> • Baked Ravioli w/ Marinara Sauce • All-White Meat Chicken Tenders • Peas & Carrots 	<ul style="list-style-type: none"> • Pizza Quesadilla w/ Salsa • French Toast Sticks w/ Turkey Bacon • Hash Browns • Green Beans 	<ul style="list-style-type: none"> • Turkey Burger Sliders on Buns • Assorted Wraps: Choose from Grilled Chicken, Chicken Caesar & Grilled Vegetable <p>Local Potatoes</p>

AVAILABLE DAILY

- Assorted Fresh Boar's Head Sandwiches & Wraps
- Bagel Lunch: Bagel (with or without Cream Cheese), Cheese Cubes, Pure Fruit Juice & Fruit
- Chef's Bowl: Garden Salad with Boar's Head Turkey, Ham & Cheese, Dressing, Bread & Milk
- Freshly Made Salads
- Homemade Soup



Lunch Price \$3.60
Village Fresh Choice \$4.35

A Complete Meal Includes:

- Entrée w/ Protein/Grain
- Fresh Seasonal Fruits & Vegetables
- Choice of Hormone-Free Milk, Juice, or Water

Questions? Please contact the Food Service Director, Diane Gerstner, at 973-543-2505 x220 or dgerstner@mendhamtpw.org

Allergy Questions? Please contact Registered Dietitian, Toni Bowman, RDN, at 973-870-0100 x303 or dietitian@pomptonian.com



Fruits & vegetables from The Farm Stand are included with lunch.