



FEBRUARY 2019

MENDHAM TOWNSHIP Middle School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



American Heart Month



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

4	5	6	7	8
<ul style="list-style-type: none"> • Grilled Cheese Sandwich on Texas Toast • Chicken Parmesan w/ a side of Fettuccini & Marinara Sauce • Tomato Soup 	<ul style="list-style-type: none"> • Homemade Macaroni & Cheese • Barbecue Chicken w/ Mashed Potatoes • Carrots 	<ul style="list-style-type: none"> • Waffle Squares w/ Turkey Bacon & Hash Browns • Pasta Bar: Assorted Pastas & Sauces • Mixed Veggies 	<ul style="list-style-type: none"> • Whole Grain Popcorn Chicken • "Jersey Shore" Cheesesteak Hero w/ Onions & Peppers • Green Beans 	<ul style="list-style-type: none"> • Dante's Pizza • Buffalo Chicken Wrap w/ Ranch Dressing • Garden Salad

11	12	13	14	15
<ul style="list-style-type: none"> • Chicken & Broccoli Penne w/ Alfredo Sauce • Cheese Quesadilla • Broccoli 	<ul style="list-style-type: none"> • General Tso's Chicken over Brown Rice • Nachos Grande w/ Turkey Taco Meat • Corn 	<ul style="list-style-type: none"> • Baked Stuffed Shells w/ Tomato Basil Sauce & Garlic Bread • Pancakes w/ Syrup & Sausage • Hash Browns 	<p>Valentine's Day</p> <ul style="list-style-type: none"> • Super Sampler w/ Chicken Tenders & Mozzarella Sticks • Veggie Lo Mein • Mixed 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"> • Wild Wing Wednesday: Assorted Chicken Wings & Sauces • Rigatoni w/ Fresh Tomato, Basil & Mozzarella Cheese • Grilled Veggies 	<ul style="list-style-type: none"> • Meatball Parmesan Sub w/ Mozzarella Cheese & Marinara Sauce • Popcorn Chicken w/ Dipping Sauce • Green Beans 	<ul style="list-style-type: none"> • Dante's Pizza • Spicy Chicken Wrap • Tossed Salad

25	26	27	28
<ul style="list-style-type: none"> • Cheeseburger Sliders w/ Chipotle Sauce • Barbecue Chicken Wrap w/ Cheese • Mixed Veggies 	<ul style="list-style-type: none"> • Spaghetti w/ Meatballs & Marinara Sauce • Chicken Nuggets w/ Dipping Sauce • Peas & Carrots 	<ul style="list-style-type: none"> • Grilled Cheese Sandwich on Texas Toast • Chicken & Cheddar Cheese Quesadilla • Tomato Soup • Steamed Carrots 	<ul style="list-style-type: none"> • Chicken & Vegetable Fried Rice • French Toast Sticks w/ Sausage & Hash Browns • Corn



AVAILABLE DAILY

- Assorted All-White Meat Chicken Fillet Sandwiches
- All-Beef Burgers
- All-Beef Cheeseburger Sliders
- Grilled Cheese on Whole Wheat Bread
- Assorted Boar's Head Sandwiches and Wraps
- Boar's Head Traditional Chef's Salad
- Assorted Pasta Selections
- Homemade Soup
- Freshly Made Salads
- Assorted Homemade Yogurt Parfaits
- Fresh Fruit Mixed Berry & Melon Cups
- Bread Basket



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

A Complete Meal Includes:
Entrée w/ Protein/Grain
Fresh Seasonal Fruits & Vegetables
1% Low-Fat, Non-Fat Chocolate, Fat-Free Milk

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