

# OCTOBER

# Rahway Elementary Schools



3 Veg Alt/Weekly Bento 2021

Rotation for  
3 week base:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NATIONAL FARM to SCHOOL MONTH</b> 				1 Pizza
	Weekly Alternate: Breakfast Bento Box w/ Yogurt, Cheese Stick, Granola & a Mini Muffin			
4 PizzaBoli <i>Pizza Crusts</i>	5 All-Beef Hot Dog on a Bun	6 Cheese Ravioli w/ Marinara Sauce & a Split Top Dinner Roll	7 Chicken Teriyaki w/ Vegetable Fried Rice & a Fortune Cookie	8 Pizza
National School Lunch Week				
Weekly Alternate: Chicken Salad Bento Box w/ Hartzels Pretzels & Pita Triangles				
11 COLUMBUS DAY Chicken Nuggets w/ a Split Top Dinner Roll	12 Nachos Grande w/ Beef, Cheese, Brown Rice & Scoops	13 Cinnamon-Glazed French Toast Sticks <i>w. Egg Patties</i>	14 Breaded Chicken on a Bun or Black Bean Burger on a Bun	15 Pizza
Weekly Alternate: Build-a-Pizza Bento Box				
18 Boneless Chicken Wings w/ a Split Top Dinner Roll	19 Pasta w/ Meatballs or Pasta w/ Marinara Sauce & Cheese Sticks	20 Macaroni & Cheese w/ a Split Top Dinner Roll	21 Sweet & Sour Chicken w/ Vegetable Fried Rice or Bean, Vegetable & Rice Bowl	22 Pizza
Weekly Alternate: Breakfast Bento Box w/ Yogurt, Cheese Stick, Granola & Mini Muffin				
25 All-White Meat Chicken Tenders w/ a Split Top Dinner Roll & Corn & Edamame Salad	26 100% Beef Burger on a Bun or Cheeseburger on a Bun	27 Mini Pancakes w/ Turkey Sausage Links <i>Grilled Cheese</i>	28 CELEBRATE HALLOWEEN! Mummy Hot Dog w/ Ghostly Mashed Potatoes or Boo Burger w/ Monster Cheese	29 Pizza
Weekly Alternate: Fruit & Cheese Bento Box w/ a Mini Croissant			Halloween Pretzel	



Free meals for all students\*



 At least 50% of All Grains served w/ your meal are Whole Grain Rich

**Month of Fruit**  
**Month of Vegetable**

A Complete Lunch Includes:  
 - Entrée (with Protein/Grain)  
 - Locally Grown Peas  
 - Trip to The Farm Stand (students must select at least a serving of fruit or vegetable)  
 - Hormone-Free Milk  
 - Menu Subject to Change

Your comments are important to us. Please e-mail us at [comments@pomptonian.com](mailto:comments@pomptonian.com)

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