




OCTOBER Rochelle Park 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Free meals for all students*</p>			1 French Toast Vegetable & Fruit	2 Pizza Vegetable & Fruit
5 Chicken Patty on a Bun Vegetable & Fruit	6 Stuffed Shells w/ a Dinner Roll Vegetable & Fruit	7 Cheeseburger on a Bun Vegetable & Fruit	8 Pancake Pouch w/ Cheese Sticks Vegetable & Fruit	9 Pizza Vegetable & Fruit
12 Schools Closed	13 Mac & Cheese w/ a Dinner Roll Vegetable & Fruit	14 Nachos w/ Beef, Cheese & Tortilla Rounds Vegetable & Fruit	15 Waffle Pouch w/ Cheese Sticks Vegetable & Fruit	16 Pizza Vegetable & Fruit
19 Popcorn Chicken w/ a Dinner Roll Vegetable & Fruit	20 Cheese Ravioli w/ Marinara Sauce & a Dinner Roll Vegetable & Fruit	21 Meatballs w/ Cheese & Garlic Bread Vegetable & Fruit	22 Pancake Pouch w/ Cheese Sticks Vegetable & Fruit	23 Pizza Vegetable & Fruit
26 Pizza Vegetable & Fruit	27 Lasagna w/ Marinara Sauce & a Dinner Roll Vegetable & Fruit	28 Soft Shell Beef & Cheese Tacos Vegetable & Fruit	29 French Toast Vegetable & Fruit	30 HAPPY HALLOWEEN! Spooky Chicken Nuggets w/ Ghostly Potatoes, Frightening Fruit & a Halloween Surprise

Contact your cafeteria for
Alternate Vegetarian Options



A Complete Lunch Includes:
Protein, Grain, Vegetable & Fruit
Milk Choice

Menu Subject to Change

FOOD ALLERGIES

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.



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



***USDA approved until further notice**

"This institution is an equal opportunity provider."