



NOVEMBER 2020

ROCHELLE PARK MIDLAND SCHOOL



Free meals for all students*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Patty on a Bun Vegetable & Fruit	3 ELECTION DAY VIRTUAL ONLY Stuffed Shells w/ a Dinner Roll Vegetable & Fruit	4 Cheeseburger on a Bun Vegetable & Fruit	5 NJEA Convention No School Pancake Pouch w/ Cheese Sticks Vegetable and Fruit	6 NJEA Convention No School Pizza Vegetable & Fruit
9 Chicken Tenders w/ a Dinner Roll Vegetable & Fruit	10 Mac & Cheese w/ a Dinner Roll Vegetable & Fruit	11 Nachos w/ Beef, Cheese & Tortilla Rounds Vegetable & Fruit	12 Waffle Pouch w/ Cheese Sticks Vegetable & Fruit	13 Pizza Vegetable & Fruit
16 Popcorn Chicken w/ a Dinner Roll Vegetable & Fruit	17 Cheese Ravioli w/ Marinara Sauce & a Dinner Roll Vegetable & Fruit	18 Meatballs w/ Cheese & Garlic Bread Vegetable & Fruit	19 Pre-Thanksgiving Lunch Roasted Turkey, Gravy, Mashed Potatoes, a Holiday Pretzel & Fruit	20 Pizza Vegetable & Fruit
23 Chicken Nuggets w/ a Dinner Roll Vegetable & Fruit	24 Lasagna w/ Marinara Sauce & a Dinner Roll Vegetable & Fruit	25 Soft Shell Beef & Cheese Tacos Vegetable & Fruit	26 Happy Thanksgiving French Toast Sticks Vegetable & Fruit	27 Pizza Vegetable & Fruit
30 Chicken Patty on a Bun Vegetable & Fruit				

**Contact your cafeteria for
Alternate Vegetarian Options**

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.

**FOOD
ALLERGIES**



***USDA approved until further notice**

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

Menu Subject to Change



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

"This institution is an equal
opportunity provider."