



# Rumson School District

## Lunch Menu for October 2017



\*\*\* 3 LUNCH CHOICES DAILY \*\*\*

Hot Entrees, Deli du Jour or Bagel Lunch,

All Lunches come with Fruit, Veggies, Side Salad, Choice of Beverage, and a Lunch Treat

**Deane Porter \$3.25**

**Forrestdale \$4.75**

### Weekly Deli Du Jour

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Turkey

Ham & Cheese

Chicken Salad

Turkey & Cheese

Tuna Salad

### DAILY LUNCH TREATS (FREE with Purchase of StudentLunch)

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Healthy Snack

Fresh Soup of the Day

Manager's Surprise

Fresh Soup of the Day

Homemade Cookie

## HOT ENTREES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> White Meat Chicken Nuggets w/ Oven Fries & Fresh Fruit	<b>3</b> Grass Fed Beef Tacos w/ Lettuce, Salsa, Sour Cream, Fresh Fruit and Chicken Noodle Soup	<b>4</b> Pasta w/ Organic Marinara, Caesar Salad, Fresh Fruit & Vegetarian Soup	<b>5</b> ABF Chicken Tenders w/ Fresh Veggies, Fresh Fruit & Tortellini Primavera Soup	<b>6</b> Hand Tossed Pizza w/ Fresh Veggies, Fresh Fruit
<b>9</b> School Closed for Students	<b>10</b> ABF Turkey Melt w/ Mashed Potatoes, Fresh Fruit & Spicy Chicken Rice Soup	<b>11</b> Nachos w/ Grass Fed Beef, Cheese, Lettuce, Salsa, Sour Cream, Fresh Fruit & Vegetarian Soup	<b>12</b> Cheese Tortellini w/ Organic Marinara, Caesar Salad, Fruit & Broccoli Cauliflower AuGratin Soup	<b>13</b> Hand Tossed Pizza w/ Fresh Veggies, Fresh Fruit
<b>16</b> White Meat Chicken Nuggets w/ Oven Fries & Fresh Fruit	<b>17</b> Italian Grilled Cheese w/ Local Mozzarella, Marinara Dip, Fresh Veggies, Fresh Fruit & Chicken Noodle Soup	<b>18</b> ABF Chicken Sandwich w/ Sweet Potato Wedges, Fresh Fruit & Vegetarian Soup	<b>19</b> Pasta w/ Grass Fed Meat Sauce, Fresh Veggies, Fresh Fruit & Tomato Bisque	<b>20</b> Hand Tossed Pizza w/ Fresh Veggies, Fresh Fruit
<b>23</b> French Toast Sticks w/ a Hashbrown and Yogurt & Mixed Berry Cup	<b>24</b> ABF Chicken Tenders w/ Oven Fries, Fresh Fruit and Chicken Tortilla Soup	<b>25</b> Grass Fed Beef Tacos w/ Rice & Beans, Fresh Fruit and Vegetarian Soup	<b>26</b> Pasta w/ Organic Marinara, Caesar Salad, Fresh Fruit & Lentil Beef Vegetable Soup	<b>27</b> Hand Tossed Pizza w/ Fresh Veggies, Fresh Fruit
<b>30</b> White Meat Chicken Nuggets w/ Oven Fries & Fresh Fruit	<b>31</b> Grass Fed Burger w/ Local Cheddar Sauce, Fresh Veggies, Fresh Fruit & Chicken Noodle Soup			

**Simplified Culinary Services is Proud to say we Can and Do accomodate Many dietary Needs and Requests. Just Ask!**

# Forrestdale School A la Carte Menu

October 2017

**Deluxe Deli Sandwiches \$4.50**

*Fresh Deli Sandwiches with Lettuce, Tomato and Pickles*

**Simple Salad Box Available Daily \$2.50**

**Salad of the Week \$4.50 (selections changing every Monday)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Pasta Marinara	<b>3</b> Baked Chicken Tenders	<b>4</b> My Own Buffalo Chicken Pizza	<b>5</b> Crispy Oven Fries	<b>6</b> Chocolate Organic Yogurt Shake
<b>9</b> School Closed for Students	<b>10</b> Baked Mozzarella Sticks	<b>11</b> My Own Pizza	<b>12</b> Baked Chicken Tenders	<b>13</b> Crispy Oven Fries
<b>16</b> U Pix We Mix Salad Station	<b>17</b> U Pix We Mix Salad Station	<b>18</b> U Pix We Mix Salad Station	<b>19</b> U Pix We Mix Salad Station	<b>20</b> U Pix We Mix Salad Station
<b>23</b> Baked Chicken Tenders	<b>24</b> <u>Toasted Tuesday</u> Gourmet Philly Cheesesteak	<b>25</b> My Own Pizza	<b>26</b> Crispy Oven Fries	<b>27</b> Vanilla Organic Yogurt Shake
<b>30</b> Pasta Marinara	<b>31</b> <u>Toasted Tuesday</u> Gourmet Chicken Parm			

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