

CLOSED 11/5, 11/7 AND 11/8

NOVEMBER 4 - NOV 8

WINSLOW TOWNSHIP HIGH SCHOOL



THIS WEEKS WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF THE MEDITERRANEAN.

EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. This week's features include: Thrive Bar; Carrots and Caesar Side Salad or French Fries

FAST TAKES

EVERYDAY SELECTIONS

Chef Salad, Chicken Casear Wrap, Turkey and Cheese, Ham and Cheese, Italian or Hummus

WHAT YOU WANT WHEN YOU WANT IT!

All your favorite salads, sandwiches and wraps are ready to grab and go.

IN A HURRY,
NO WORRY!



Fresh Baked
Bread Offered
Daily with Salad



CHECK THIS OUT!

Greek turkey salad or wrap on a whole grain tortilla topped with Greek turkey, tomatoes and cucumbers.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Hummus

FRESH FRESH FRESH

All your favorite salads, sandwiches and wraps are ready to grab and go.

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles



TRY THIS ONE!

Greek turkey salad or wrap on a whole grain tortilla topped with Greek turkey, tomatoes and cucumbers.

TASTE⁴

by *sodexo**



KICK IT UP A NOTCH!

By adding one of our World of Flavor specialty sauces.

Pesto Ranch

A fresh pesto basil blended with buttermilk and Greek yogurt.

Spicy Italian

A blend of Italian salad dressing and grated Parmesan cheese with spicy crushed red pepper and Greek yogurt.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.

CLOSED 11/5, 11/7 AND 11/8

NOVEMBER 4 - NOV 8

WINSLOW TOWNSHIP HIGH SCHOOL



THIS WEEKS WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF THE MEDITERRANEAN.

PIZZA

EVERYDAY SELECTIONS

Cheese Pizza
M/W/F: Pepperoni
Tu: Sausage Th: Hawaiian

DAILY PASTA OPTIONS

Cheddar Mac and Cheese

OOEY GOOEY GOODNESS

Our scratch made pizzas feature low fat mozzarella cheese and are oven-baked just prior to serving.



SHAKE IT UP!

Greek turkey pizza topped with tomatoes, cucumbers and feta cheese; garnished with chopped parsley.



Fresh Baked
Bread Offered
Daily with Pasta

Offered with
Toasted Garlic
Caesar Salad

by *sodexo**

GRILL

EVERYDAY SELECTIONS

Classic Hamburger
Crispy Chicken Sandwich

Monday Corn Dog
Tuesday Rib-B-Que
Wednesday Toasted Cheese
Thursday Hot Dog
Friday Chicken Tender Sandwich

Toppings

Cheddar Cheese
Pepper Jack Cheese
Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with
Veggie Sticks or
French Fries

HOT STUFF

Burgers and crispy chicken sandwiches served on a whole grain bun with melted queso cheese.

This week in **ADVENTURE**

COUNTRY
comfort

EVERYDAY
Chicken Tenders

Monday Homestyle Mac & Cheese served with an Herbed Breadstick and your choice of Citrus Glazed Carrots or Roasted Zucchini

Tuesday Shepherds Pie served with a Dinner Roll and your choice of Roasted Broccoli and Cauliflower or a Side Caesar Salad

Wednesday Sliced Turkey and Gravy served with a Dinner Roll and your choice of Mashed Potatoes or Green Beans

Thursday Spaghetti and Meatballs served with an Herbed Breadstick and your choice of Roasted Broccoli and Cauliflower or a Side Caesar Salad

Friday Frito Chili Pie served with Black Beans or Aztec Corn

Explore something new every week!

Winslow Township Middle School

November 4 - November 8

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Monday: Baby Carrots Tuesday: Chilled Corn Wednesday: Romaine salad Thursday: carrots/bean salad Friday: Celery sticks

Low Fat or Fat Free Milk included with all meals.

Daily Special



MONDAY	Stuffed Breadsticks w/ sauce Carrots	V
TUESDAY	School Closed Teacher In Service	
WEDNESDAY	Penne with Meat sauce Caesar side salad	V
THURSDAY	School Closed	
FRIDAY	School Closed	

Everday

Cheeseburger

Chicken Patty



MONDAY	Eagle Burger
TUESDAY	School closed
WEDNESDAY	Chicken Tenders
THURSDAY	School Closed
FRIDAY	School Closed



Everyday

Turkey and Cheese Sub

Ham & Cheese Sub
Italian Sub

MONDAY	Tuna Salad Sub	V
TUESDAY	School Closed	
WEDNESDAY	Buffalo Chicken Wrap	
THURSDAY	School Closed	
FRIDAY	School Closed	



Everyday

Cheese

Pepperoni

MONDAY	Meatlovers	V
TUESDAY	School Closed	V
WEDNESDAY	Buffalo Chicken	
THURSDAY	School Closed	
FRIDAY	School Closed	



Everyday

Chicken Caesar Salad

Garden Salad

MONDAY	Buffalo Chicken Salad	V
TUESDAY	School Closed	
WEDNESDAY	Chef Salad	
THURSDAY	School Closed	
FRIDAY	School Closed	

V Vegetarian

SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.



Nutrition Information is available upon request.



**THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE
CULTURE AND CUISINE OF THE MEDITERRANEAN.**

EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. This week's features include: Thrive Bar; Waffle Fries, Steamed Broccoli, Stewed Tomatoes, Roasted Chic Peas and Green Beans.

FAST TAKES

EVERYDAY SELECTIONS

Chef Salad, Chicken Casear Wrap,
Turkey and Cheese, Ham and
Cheese, Italian or Hummus

WHAT YOU WANT WHEN YOU WANT IT!

All your favorite salads, sandwiches and
wraps are ready to grab and go.

**IN A HURRY,
NO WORRY!**



Fresh Baked
Bread Offered
Daily with Salad



CHECK THIS OUT!

Balsamic chicken salad or sub on an
Italian herb roll with bruschetta topping.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses,
Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Hummus

FRESH FRESH FRESH

All your favorite salads, sandwiches
and wraps are ready to grab and go.

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles



TRY THIS ONE!

Balsamic chicken salad or sub on an Italian
herb roll with bruschetta topping.

TASTE⁴

by *sodexo**



KICK IT UP A NOTCH!

By adding one of our World of Flavor
specialty sauces.

Pesto Ranch

A fresh pesto basil blended with
buttermilk and Greek yogurt.

Spicy Italian

A blend of Italian salad dressing
and grated Parmesan cheese with
spicy crushed red pepper and
Greek yogurt.

Creamy Sriracha

Mayonnaise infused with spicy
sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated
Parmesan cheese, mustard, garlic
and creamy Greek yogurt.

CLOSED NOVEMBER 11TH

NOVEMBER 11 - NOV 15

WINSLOW TOWNSHIP HIGH SCHOOL



THIS WEEKS WORLD OF FLAVOR CELEBRATES THE
CULTURE AND CUISINE OF THE MEDITERRANEAN.

PIZZA

EVERYDAY SELECTIONS

Cheese Pizza
M/W/F: Pepperoni
Tu: Sausage Th: Hawaiian

DAILY PASTA OPTIONS

Spaghetti & Meat Sauce

OOEY GOOEY GOODNESS

Our scratch made pizzas feature
low fat mozzarella cheese and are
oven-baked just prior to serving.



SHAKE IT UP!

Balsamic chicken pizza topped with
mozzarella cheese, diced tomatoes and
chopped basil.



Fresh Baked
Bread Offered
Daily with Pasta

Offered with
Toasted Garlic
Caesar Salad

by *sodexo**

GRILL

EVERYDAY SELECTIONS

Classic Hamburger
Crispy Chicken Sandwich

Monday Corn Dog
Tuesday Rib-B-Que
Wednesday Toasted Cheese
Thursday Hot Dog
Friday Chicken Tender Sandwich

Toppings

Cheddar Cheese
Pepper Jack Cheese
Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with
Veggie Sticks or
French Fries

HOT STUFF

Burgers and crispy chicken
sandwiches served on a whole
grain bun with melted queso
cheese.

This week in **ADVENTURE**



CHOOSE YOUR PASTA

Whole Grain or White
Grain Penne Pasta or
Spaghetti Pasta

TOP IT OFF

Tuscan Vegetable
Blend, Beef Meatballs or
Roasted Chicken

SAUCE IT UP!

Alfredo or
Marinara Sauce

SERVED WITH BROCCOLI AND A BREADSTICK

Explore something new every week!

Winslow Township Middle School

November 11 - November 15

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Monday: Baby Carrots Tuesday: Chilled Corn Wednesday: Romaine salad Thursday: carrots/bean salad Friday: Celery sticks

Low Fat or Fat Free Milk included with all meals.

Daily Special



MONDAY	School Closed	V
TUESDAY	Veterans Day Boneless Chicken Dipper Waffle fries	
WEDNESDAY	Mac & cheese w/ roll Broccoli & Stewed Tomatoes	V
THURSDAY	Twin Tacos w/ rice Roasted Chic Peas	
FRIDAY	Chicken Drumstick in basket	

Everday

Cheeseburger

Chicken Patty



MONDAY	School Closed
TUESDAY	Meatball Sandwich
WEDNESDAY	Chicken Parm Sandwich
THURSDAY	Hot Dog
FRIDAY	Cheese Steak



Everyday

Turkey and Cheese Sub

*Ham & Cheese Sub
Italian Sub*

MONDAY	School Closed	V
TUESDAY	Turkey Club Sub	
WEDNESDAY	Buffalo Chicken Wrap	
THURSDAY	Turkey Club Sub	
FRIDAY	Chicken Caesar Wrap	



Everyday

Cheese

Pepperoni

MONDAY	School Closed	V
TUESDAY	Veggie Pizza	V
WEDNESDAY	Buffalo Chicken	
THURSDAY	Sausage	
FRIDAY	Cheese Steak	



Everyday

Chicken Caesar Salad

Garden Salad

MONDAY	School Closed	V
TUESDAY	Tuna Salad	
WEDNESDAY	Chef Salad	
THURSDAY	Fiesta Salad	
FRIDAY	Turkey Club Salad	

V Vegetarian
SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.



Nutrition Information is available upon request.



THIS WEEKS WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF AMERICAN REGIONAL.

EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. This week's features include: Thrive Bar; Sweet potato fries, french fries, veggie sticks.

TASTE⁴

by *sodexo**

FAST TAKES

EVERYDAY SELECTIONS

Chef Salad, Chicken Casear Wrap, Turkey and Cheese, Ham and Cheese, Italian or Hummus

WHAT YOU WANT WHEN YOU WANT IT!

All your favorite salads, sandwiches and wraps are ready to grab and go.

IN A HURRY,
NO WORRY!



Fresh Baked
Bread Offered
Daily with Salad



CHECK THIS OUT!

Buffalo chicken salad or wrap stuffed with crispy popcorn buffalo chicken, cheddar cheese, diced celery, carrots and cucumbers.



KICK IT UP A NOTCH!

By adding one of our World of Flavor specialty sauces.

Buffalo Ranch

Buttermilk ranch dressing blended with cayenne pepper sauce.

Banana Pepper Sauce

A spicy mixture of sliced banana peppers and cayenne pepper sauce blended with buttermilk ranch dressing.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Hummus

FRESH FRESH FRESH

All your favorite salads, sandwiches and wraps are ready to grab and go.

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles



TRY THIS ONE!

Buffalo chicken salad or wrap stuffed with crispy popcorn buffalo chicken, cheddar cheese, diced celery, carrots and cucumbers.



THIS WEEKS WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF AMERICAN REGIONAL.

PIZZA

EVERYDAY SELECTIONS

Cheese Pizza
M/W/F: Pepperoni
Tu: Sausage Th: Hawaiian

DAILY PASTA OPTIONS

Baked Penne Pasta

OOEY GOOEY GOODNESS

Our scratch made pizzas feature low fat mozzarella cheese and are oven-baked just prior to serving.

TASTE⁴

by *sodexo**



SHAKE IT UP!

Buffalo chicken pizza topped with carrots, celery, cucumbers and Buffalo ranch sauce.



Fresh Baked Bread Offered Daily with Pasta

Offered with Toasted Garlic Caesar Salad

GRILL

EVERYDAY SELECTIONS

Classic Hamburger
Crispy Chicken Sandwich

Monday Corn Dog
Tuesday Rib-B-Que
Wednesday Toasted Cheese
Thursday Hot Dog
Friday Chicken Tender Sandwich

Toppings

Cheddar Cheese
Pepper Jack Cheese
Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with Veggie Sticks or French Fries

HOT STUFF

Burgers and crispy chicken sandwiches served on a whole grain bun with melted queso cheese.

This week in **ADVENTURE**



EVERYDAY

Italian Meatball Sub

Monday Carnitas Sub served with Carnitas Slaw and Crispy Potato Wedges

Tuesday Korean BBQ Roll served with Pickled Cucumber and Cilantro and Crispy Potato Wedges

Wednesday Roasted Turkey Gyro served with Lettuce and Tomato Salad and Crispy Potato Wedges

Thursday Asian Meatball Sub served with Pickled Cucumbers and Cilantro and Crispy Potato Wedges

Friday Chipotle Cinnamon Pork Roll served with Peach Slaw and Crispy Potato Wedges

Explore something new every week!

Winslow Township Middle School

November 18 - November 22

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Monday: Baby Carrots Tuesday: Chilled Corn Wednesday: Romaine salad Thursday: carrots/bean salad Friday: Celery sticks

Low Fat or Fat Free Milk included with all meals.

Daily Special



MONDAY	French Toast sticks w/ sausage Sweet Potato Freis	V
TUESDAY	Roasted Turkey w/ mashed , stuffing & Corn	
WEDNESDAY	Chinese Take out w/ rice Asian Style Broccoli	V
THURSDAY	Build a Burrito Bowl Southwest Black Beans	
FRIDAY	Corn Dog Nuggets Italian Roasted Zucchini	

Everday

Cheeseburger

Chicken Patty



MONDAY	Bacon Cheeseburger
TUESDAY	Meatball Sandwich
WEDNESDAY	Grilled Chicken Sandwich
THURSDAY	Hot Dog
FRIDAY	Cheese Steak



Everyday

Turkey and Cheese Sub

*Ham & Cheese Sub
Italian Sub*

MONDAY	Tuna Salad Sub	V
TUESDAY	Turkey Club Sub	
WEDNESDAY	Buffalo Chicken Wrap	
THURSDAY	Turkey Club Sub	
FRIDAY	Chicken Caesar Wrap	



Everyday

Cheese

Pepperoni

MONDAY	Meatlovers	V
TUESDAY	Veggie Pizza	V
WEDNESDAY	Buffalo Chicken	
THURSDAY	Sausage	
FRIDAY	Cheese Steak	



Everyday

Chicken Caesar Salad

Garden Salad

MONDAY	Buffalo Chicken Salad	V
TUESDAY	Tuna Salad	
WEDNESDAY	Chef Salad	
THURSDAY	Fiesta Salad	
FRIDAY	Turkey Club Salad	

V Vegetarian

SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

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Nutrition Information is available upon request.

Winslow Township Middle School

November 25 - November 29

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Monday: Baby Carrots Tuesday: Chilled Corn Wednesday: Romaine salad Thursday: carrots/bean salad Friday: Celery sticks

Low Fat or Fat Free Milk included with all meals.

Daily Special



MONDAY	Grilled cheese w/ tomato soup	V
TUESDAY	Chicken Nugget Triple Dipper Tator Tots	
WEDNESDAY	Mozzarella sticks w/ marinara Garlic Sauteed Spinach	V
THURSDAY	School Closed	
FRIDAY	School Closed	

Everday

Cheeseburger

Chicken Patty



MONDAY	Pretzel Cheeseburger
TUESDAY	Meatball Sandwich
WEDNESDAY	Chicken BLT Sandwich
THURSDAY	School Closed
FRIDAY	School Closed



Everyday

Turkey and Cheese Sub

Ham & Cheese Sub
Italian Sub

MONDAY	Tuna Salad Sub	V
TUESDAY	Turkey Club Sub	
WEDNESDAY	Buffalo Chicken Wrap	
THURSDAY	School Closed	
FRIDAY	School Closed	



Everyday

Cheese

Pepperoni

MONDAY	Meatlovers	V
TUESDAY	Veggie Pizza	V
WEDNESDAY	Buffalo Chicken	
THURSDAY	School Closed	
FRIDAY	School Closed	



Everyday

Chicken Caesar Salad

Garden Salad

MONDAY	Buffalo Chicken Salad	V
TUESDAY	Tuna Salad	
WEDNESDAY	Chef Salad	
THURSDAY	School closed	
FRIDAY	School Closed	

V Vegetarian

SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.



Nutrition Information is available upon request.

CLOSED 11/28 AND 11/29

NOVEMBER 25 - NOV 29

WINSLOW TOWNSHIP HIGH SCHOOL



THIS WEEKS WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF AMERICAN REGIONAL.

EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. This week's features include: Thrive Bar; Carrots, French Fries, Garlic Sauteed Spinach and potato wedges.

FAST TAKES

EVERYDAY SELECTIONS

Chef Salad, Chicken Casear Wrap, Turkey and Cheese, Ham and Cheese, Italian or Hummus

WHAT YOU WANT WHEN YOU WANT IT!

All your favorite salads, sandwiches and wraps are ready to grab and go.

IN A HURRY,
NO WORRY!



Fresh Baked
Bread Offered
Daily with Salad



CHECK THIS OUT!

Buffalo chicken salad or wrap stuffed with crispy popcorn buffalo chicken, cheddar cheese, diced celery, carrots and cucumbers.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Hummus

FRESH FRESH FRESH

All your favorite salads, sandwiches and wraps are ready to grab and go.

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles



TRY THIS ONE!

Buffalo chicken salad or wrap stuffed with crispy popcorn buffalo chicken, cheddar cheese, diced celery, carrots and cucumbers.

TASTE⁴

by *sodexo**



KICK IT UP A NOTCH!

By adding one of our World of Flavor specialty sauces.

Buffalo Ranch

Buttermilk ranch dressing blended with cayenne pepper sauce.

Banana Pepper Sauce

A spicy mixture of sliced banana peppers and cayenne pepper sauce blended with buttermilk ranch dressing.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.

CLOSED 11/28 AND 11/29

NOVEMBER 25 - NOV 29

WINSLOW TOWNSHIP HIGH SCHOOL



THIS WEEKS WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF AMERICAN REGIONAL.

PIZZA

EVERYDAY SELECTIONS

Cheese Pizza
M/W/F: Pepperoni
Tu: Sausage Th: Hawaiian

DAILY PASTA OPTIONS

Baked Penne Pasta

OOEY GOOEY GOODNESS

Our scratch made pizzas feature low fat mozzarella cheese and are oven-baked just prior to serving.



SHAKE IT UP!

Buffalo chicken pizza topped with carrots, celery, cucumbers and Buffalo ranch sauce.



Fresh Baked Bread Offered Daily with Pasta

Offered with Toasted Garlic Caesar Salad

by *sodexo**

GRILL

EVERYDAY SELECTIONS

Classic Hamburger
Crispy Chicken Sandwich

Monday Corn Dog
Tuesday Rib-B-Que
Wednesday Toasted Cheese
Thursday Hot Dog
Friday Chicken Tender Sandwich

Toppings

Cheddar Cheese
Pepper Jack Cheese
Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with Veggie Sticks or French Fries

HOT STUFF

Burgers and crispy chicken sandwiches served on a whole grain bun with melted queso cheese.

This week in ADVENTURE



EVERYDAY

Italian Meatball Sub

Monday Carnitas Sub served with Carnitas Slaw and Crispy Potato Wedges

Tuesday Korean BBQ Roll served with Pickled Cucumber and Cilantro and Crispy Potato Wedges

Wednesday Roasted Turkey Gyro served with Lettuce and Tomato Salad and Crispy Potato Wedges

Thursday Asian Meatball Sub served with Pickled Cucumbers and Cilantro and Crispy Potato Wedges

Friday Chipotle Cinnamon Pork Roll served with Peach Slaw and Crispy Potato Wedges

Explore something new every week!

MONDAY

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk
(Skim, 1%, Fat Free Chocolate)
Lunch Price \$2.95 Reduced \$4.00

TUESDAY

Thrive Garden Bar
Monday: Carrot Sticks
Tuesday: Chilled Corn Salad
Wednesday: Romaine Side Salad
Thursday: Bean Salad & Carrots
Friday: Celery Sticks

WEDNESDAY

Menu Subject to Change

THURSDAY



FRIDAY

French Bread Pizza
Cheese or Pepperoni
Hot Ham & Cheese Sliders
Parmesan Green Beans

11/1: Italian Sub, Southern-Style Crispy Chicken Salad with Corn Muffin, Pretzel Boat and PB & J

4

Pizza
Eagle Burger
Carrots

5

SCHOOL CLOSED
TEACHER IN SERVICE DAY

6

Penne Pasta
with Italian Meatsauce
Chicken Patty Sandwich
Caesar Side Salad

7

NJEA Convention-
School Closed

8

NJEA Convention-
School Closed

11/4-11/6: Tuna Sub, Garden Salad with Cheese & Roll, Yogurt Bag and PB & J offered daily

11

SCHOOL CLOSED
VETERANS DAY

12

Chicken Drumstick in a Basket
with Buttermilk Biscuit
Hot Diggity Dog
Waffle Fries

13

Old Fashioned Mac & Cheese
with Dinner Roll
Chicken Parm Sandwich
Steamed Broccoli &
Stewed Tomatoes

14

Twin Tacos with Rice,
Cheese, Lettuce, Tomato, & Salsa
BBQ Chicken Sandwich
Roasted Chickpeas

15

Mini Personal Pizza
Grilled Cheese with Tomato Soup
Steamed Green Beans

11/11-11/15: Ham & Cheese Sub, Turkey Club Salad with Roll, Bagel Bag and PB & J offered daily

18

Breakfast For Lunch
French Toast Sticks
with Sausage Links
All American Cheeseburger
Sweet Potato Fries

19

Roasted Turkey with gravy
Stuffing, Mashed Potatoes & Corn
Crispy Chicken Bowl
w/ dinner roll

20

Chinese Chicken Take-Out
with Rice
Philly Cheesesteak
Asian-Style Broccoli

21

Boneless Chicken Bites
with Soft Pretzel Stick
Build-A-Burrito Bowl
Southwest Black Beans

22

Big Daddy's Pizza
Cheese or Pepperoni
Corn Dog Nuggets
Italian Roasted Zucchini

11/18-11/22: Turkey & Cheese Sub, Chicken Caesar Salad with Roll, Cheese & Pretzel Goldfish Boat and PB & J offered daily

25

Grilled Cheese with Tomato Soup
Pretzel Cheeseburger
Steamed Carrot Coins

26

Chicken Nuggets w/ dinner roll
Pepperoni Pizza Pocket
Emoji fries

27

Mozzarella Sticks
with Marinara Sauce
Chicken BLT Sandwich
Garlic Sautéed Spinach

28

Happy Thanksgiving!
School Closed

29

School Closed

11/25-11/27: Turkey Club Sandwich, Fiesta Salad with Tortilla Chips, Cereal Bag and PB & J offered daily

The Role of Nutrition and Stress

Nutrition and stress often go hand-in-hand, with some people tending to overeat when stressed and others limiting their food intake due to an upset stomach or indigestion. Certain foods increase the physical stress on your body by making digestion more difficult, or by denying the brain essential nutrients. With a sensible diet, it's possible to reduce the effects of stress, avoid some common problems and protect your health. Nutrients such as Vitamins B and C, calcium, magnesium and zinc can be depleted by stress. To help your body better manage stress and avoid nutrient depletion, you should always aim to eat breakfast, plan

meals in advance, pack healthy snacks, minimize caffeine from tea, coffee and sodas and fill up on hydrating water. For added calcium, consume yogurts, smoothies and even calcium-fortified orange juice. B vitamins can be obtained by eating wholesome grains and vitamin C, and magnesium can be found in many fruits and vegetables. Giving your body nutrition it needs is a positive step you can take every day toward combating stress. With the correct nutrition, you are better prepared to face the challenges of the day.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffplayground.com

BREAKFAST

Breakfast includes: entree', skim milk or 1% or fat free chocolate milk and fresh fruit or 100% juice
Breakfast Prices: Paid \$1.40 Reduced \$.40

MONDAY: Sandwiches on bun: 11/4 Pork roll, egg & cheese; 11/18 egg & cheese; 11/25 sausage, egg & cheese
Mini Waffles
Chocolate Crescent

TUESDAY: Sandwiches on English Muffins: 11/12 Pork roll, egg & cheese; 11/19 ham, egg & cheese; 11/26 egg & cheese
Breakfast Pizza
Apple Frudel

WEDNESDAY: Sandwiches on biscuit: 11/6 Sausage, egg & cheese; 11/13 Bacon, egg & cheese; 11/20 Pork roll, egg & cheese; 11/27 Ham, egg & cheese
Mini Pancakes
Cherry Frudel

THURSDAY: Sandwiches on bagel: 11/14 Sausage, egg & cheese; 11/21 Bacon, egg & cheese
Breakfast Pizza
Cini Minis

FRIDAY: Breakfast wraps: 11/1 Pork roll, egg & cheese; 11/15 egg & cheese; 11/22 Sausage, egg & cheese
Mini French Toast
Banana Bread

Available Daily: assorted whole-grain pop tarts, muffins and cereal, bagels & cream cheese and yogurt & graham crackers

Fresh Pick Recipe

LEMONY SMASHED POTATOES

- 12 new potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
- sea salt and pepper

1. Boil potatoes in pan of water until tender and drain.
2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
6. Remove potatoes from the oven and sprinkle with the parsley.
7. Mix the chives with the sour cream and serve on the side.



So Happy

Sodexo's menu app with nutrition and allergen information!

Questions about your child's account or menu?

Please call Colleen Lillich, Director of Food Service, 856-767-2850 x7613

Ray Watkins, Food Service Manager, 856-767-2850 x 7607

Send in cash or check payable to Winslow Lunchroom in a labeled envelope with your child's name, teacher's name and lunch account money.

Nutrition Information is available upon request.