



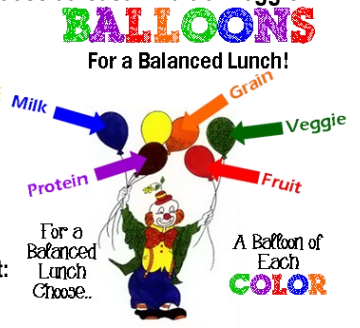
Who's Ready For Lunch!?!

DAILY ALTERNATES:
Hot Dog on a Bun
PB & J Sandwich

Choose 1 Entrée. (3 Daily Specials & 2 Daily Alternates)

Includes 2 Fruit & 2 Veggie Choices!
You must choose at least 1 fruit or veggie.

We Use Whole Grain Products!



Daily Fruit Offerings:
Fresh, Cupped, 100% Juice
All Salads Come With a Grain.
Click here to view your lunch account:
www.schoolpaymentportal.com

✓ = Vegetarian Ingredients GF = Gluten-Free Ingredients

September Middle School Lunch Menu
Upper Township

All American Monday! I ♥ the USA American Classics!	Fun Flavors Tuesday! AKA: Taco Tuesday, Mexican, Asian, Italian	Wacky Wednesday! A School Favorite! The random category!	Chicken Lover's Thursday! Everything & Anything CHICKEN!	Pizza Lover's Friday! Cheesy Pizza By The Slice!
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Sept Fun Days Sept 13: Celiac Awareness Day – Made with ground meat & served with corn chips. Sept 15: Wacky Watermelon Day – a watermelon pop will be served as a treat! Sept 22: First Day of Fall – harvest pudding is a combination of sweet potatoes and pudding.	Lunch Prices: Regular Lunch \$2.80 Extra Entrée: \$1.95 Reduced: \$0.40 Adult: \$3.65 Milk: \$0.60 *Menu subject to change. Food Service Director: Kay Garcia kay.garcia@upperschools.org Phone: 609-628-3500 ext 2282 Look for snacks, nutrition & menu descriptions posted on the school website!	Thursday-Sept 1	Friday-Sept 2
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This institution is an equal opportunity provider.
Milk: Skim White, Chocolate, Strawberry, 1% White, Lactaid

Monday-Sept 5	Tuesday-Sept 6	Wednesday-Sept 7	Thursday-Sept 8	Friday-Sept 9
Happy Labor Day! Fun Fact... In the past Labor Day used to be the last fashionable day to wear the color white!	Chicken Patty on a Bun Sides: Mixed Steamed Veggie Celery w/ Hummus/Ranch	Pasta w/ Meat sauce Sides: Mixed Steamed Veggie Toasty Bean Bites	Chicken Nuggets w/ a Biscuit Sides: Poppin Peas & Carrots Broc Bites w/ Hummus/Ranch	Pizza By The Slice ✓ Sides: Mixed Steamed Veggie Mixed Patch w/Hummus/Dip
Monday-Sept 12	Celiac Awareness Day	Wednesday-Sept 14	Wacky Watermelon Day	Friday-Sept 16
Grown-Up Grilled Cheese w/ Bacon Sides: Gotta Get Em Green Beans Carrots w/ Hummus/Ranch	Nachos Grande GF w/ Corn Chips & Toppings Chicken Patty on a Bun Sides: Super Sweet Corn Celery w/ Hummus/Ranch	Pasta w/ Meat Sauce Grilled Cheese Sides: Mixed Steamed Veggie Toasty Bean Bites	BBQ Baked Chicken w/ a Corn Muffin Sides: Baked Beans-Watermelon Pop Broc Bites w/ Hummus/Ranch	Pizza By The Slice ✓ Sides: Mixed Steamed Veggie Mixed Patch w/Hummus/Dip
Monday-Sept 19	Tuesday-Sept 20	Wednesday-Sept 21	1st Day of Fall!	Friday-Sept 23
Bloomin Onion Burger w/ Onion Ring on Bun Chic Garden Sal w/Goldfish Sides: Baked Fries Carrots w/ Hummus/Ranch	Chicken Fajita Chicken Patty on a Bun Chicken Caesar Salad Sides: Oriental Veggies Celery w/ Hummus/Ranch	Pasta w/ Meat Sauce Grilled Cheese Sides: Mixed Steamed Veggie Toasty Bean Bites	Bacon Chicken Melt w/ Turkey Bacon & Cheese Fiesta Taco Salad Sides: Tomato/Cukes Sal-Harvest Pudding Broc Bites w/ Hummus/Ranch	Pizza By The Slice ✓ Sides: Julius Caesar Salad Mixed Patch w/Hummus/Dip
Monday-Sept 26	Tuesday-Sept 27	Wednesday-Sept 28	Thursday-Sept 29	Friday-Sept 30
Mozzarella Sticks ✓ w/ Pasta Chic Garden Sal w/Goldfish Sides: Rainbow Veggie Medley Carrots w/ Hummus/Ranch	Taco Twins GF w/ Corn Shells & Toppings Chicken Patty on a Bun Chicken Caesar Salad Sides: Mixed Steamed Veggie Celery w/ Hummus/Ranch	Pasta w/ Meat Sauce Grilled Cheese Sides: Mixed Steamed Veggie Toasty Bean Bites	Chicken Broccoli Alfredo Over Penne Pasta Fiesta Taco Salad Sides: Mixed Steamed Veggie Broc Bites w/ Hummus/Ranch	Pizza By The Slice ✓ Sides: Vege-licious Garden Salad Mixed Patch w/Hummus/Dip