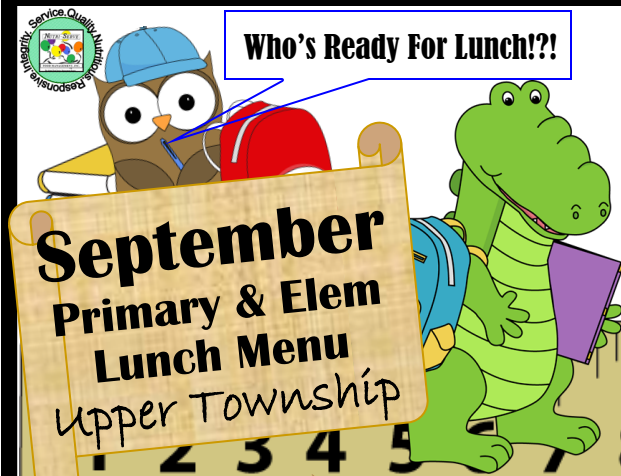




Who's Ready For Lunch!?!

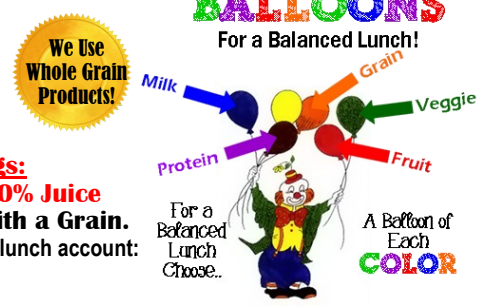
September Primary & Elem Lunch Menu Upper Township



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.



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

✓ = Vegetarian Ingredients GF = Gluten-Free Ingredients

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 \$2.70 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!
This institution is an equal opportunity provider.
Milk: Skim White, Chocolate, Strawberry, 1% White, Lactaid

Thursday-Sept 1	Friday-Sept 2
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Monday-Sept 5 Happy Labor Day! Fun Fact... In the past Labor Day used to be the last fashionable day to wear the color white!	Tuesday-Sept 6 Chicken Patty on a Bun Sides: Mixed Steamed Veggie Celery w/ Hummus/Ranch	Wednesday-Sept 7 Pasta w/ Meat sauce Sides: Mixed Steamed Veggie Toasty Bean Bites	Thursday-Sept 8 Chicken Nuggets w/ a Biscuit Sides: Poppin Peas & Carrots Broc Bites w/ Hummus/Ranch	Friday-Sept 9 Pizza By The Slice ✓ Sides: Mixed Steamed Veggie Mixed Patch w/Hummus/Dip
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Monday-Sept 12 Grown-Up Grilled Cheese Turkey Bacon Sides: Gotta Get Em Green Beans Carrots w/ Hummus/Ranch	Celiac Awareness Day Tuesday-Sept 13 Nachos Grande GF w/ Corn Chips & Toppings Chicken Patty on a Bun Sides: Super Sweet Corn Celery w/ Hummus/Ranch	Wednesday-Sept 14 Pasta w/ Meat Sauce Sides: Mixed Steamed Veggie Toasty Bean Bites	Wacky Watermelon Day Thursday-Sept 15 French Toast w/ Sausage Sides: Baked Beans-Watermelon Broc Bites w/ Hummus/Ranch	Friday-Sept 16 Pizza By The Slice ✓ Sides: Mixed Steamed Veggie Mixed Patch w/Hummus/Dip
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Monday-Sept 19 Bloomin Onion Burger w/ Onion Ring on Bun Chic Garden Salad Sides: Baked Fries Carrots w/ Hummus/Ranch	Tuesday-Sept 20 Chicken Fajita Chicken Patty on a Bun Chicken Caesar Salad Sides: Oriental Veggies Celery w/ Hummus/Ranch	Wednesday-Sept 21 Pasta w/ Meat Sauce Sides: Mixed Steamed Veggie Toasty Bean Bites	1st Day of Fall! Thursday-Sept 22 Grilled Cheese Fiesta Taco Salad Sides: Tomato/Cukes Sal-Harvest Pudding Broc Bites w/ Hummus/Ranch	Friday-Sept 23 Pizza By The Slice ✓ Sides: Julius Caesar Salad Mixed Patch w/Hummus/Dip
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Monday-Sept 26 Mozzarella Sticks ✓ w/ Pasta Chic Garden Salad Sides: Rainbow Veggie Medley Carrots w/ Hummus/Ranch	Tuesday-Sept 27 Taco Twins GF w/ Corn Shells & Toppings Chicken Patty on a Bun Chicken Caesar Salad Sides: Mixed Steamed Veggie Celery w/ Hummus/Ranch	Wednesday-Sept 28 Pasta w/ Meat Sauce Sides: Mixed Steamed Veggie Toasty Bean Bites	Thursday-Sept 29 French Toast w/ Sausage Fiesta Taco Salad Sides: Mixed Steamed Veggie Broc Bites w/ Hummus/Ranch	Friday-Sept 30 Pizza By The Slice ✓ Sides: Vege-licious Garden Salad Mixed Patch w/Hummus/Dip
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