



September 2018



Carlstadt Public School Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 3 | 4 | 5 | 6 | 7 |
| No School | No School | No Lunch Served | No Lunch Served | No Lunch Served |
| 10 | 11 | 12 | 13 | 14 |
| Chicken Nuggets Buttered Noodles Sweet Corn Fruit Choice Milk Choice | HIDDEN STICKER DAY Mac and Cheese Romaine Salad Fruit Choice Milk Choice | Hot Dog French Fries Fruit Choice Milk Choice | Grilled Cheese Tomato Soup Fruit Choice Milk Choice | Pizzeria Pizza Garden Salad w/ Tomato Cucumbers & Garbanzo Fruit Choice Milk Choice |
| 17 | 18 | 19 | 20 | 21 |
| Teriyaki Chicken Rice Steamed Broccoli Fruit Choice Milk Choice | HIDDEN STICKER DAY Pancakes w/Turkey Sausage Hash brown Fruit Choice Milk Choice | Spaghetti and Meatballs Carrot Coins Fruit Choice Milk Choice | Cheese Steak Hero French Fries Fruit Choice Milk Choice | Pizzeria Pizza Garden Salad w/ Tomato Cucumbers & Garbanzo Fruit Choice Milk Choice |
| 24 | 25 | 26 | 27 | 28 |
| French Bread Pizza Carrot Coins Fruit Choice Milk Choice | HIDDEN STICKER DAY Walking Taco (Served in a Doritos Bag) Shredded Cheese, Salsa Fruit Choice Milk Choice | Baked Ziti Romaine Salad Fruit Choice Milk Choice | Chicken Sticks Mashed Potato / Gravy Fruit Choice Milk Choice | Pizzeria Pizza Garden Salad w/ Tomato Cucumbers & Garbanzo Fruit Choice Milk Choice |
| | | | | HIDDEN STICKER DAY If you find a hidden sticker placed on bottom of your lunch tray, you will receive a free ala carte snack |

School Lunch Information:

- Student lunch and alternate lunch includes: protein, grain, fruit, vegetable and milk
- Daily alternate meals include: chicken patty on bun, deli station, salad station, bagel meal and health meal
- Daily milk choices include: 1% white, fat free chocolate, fat free strawberry
- Daily fruit Includes: apples, oranges, pears, seasonal fruit, melons, grapes, applesauce
- Most breads and grains as part of a meal and snacks are whole grain rich
- Menu subject to change due to product availability
- Fund, view and receive account balances by visiting www.payforit.net or [payforit apple](#) or [android app](#)

