




October 2018



Carlstadt Public School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Nuggets Buttered Noodles Sweet Corn Fruit Choice Milk Choice	HIDDEN STICKER DAY Hot Dog French Fries Fruit Choice Milk Choice	Cheese Quesadilla Shredded Cheese, Salsa & Sour Cream Fruit Choice Milk Choice	Pizzeria Pizza Garden Salad w/ Tomato Cucumbers & Garbanzo Fruit Choice Milk Choice	No School
8	9	10	11	12
No School	HIDDEN STICKER DAY Grilled Cheese Tomato Soup Fruit Choice Milk Choice	Baked Ziti w/ Ground Beef Steamed Broccoli Fruit Choice Milk Choice	Walking Taco (Served in a Doritos Bag) Shredded Cheese, Salsa Fruit Choice Milk Choice	Pizzeria Pizza Garden Salad w/ Tomato Cucumbers & Garbanzo Fruit Choice Milk Choice
15	16	17	18	19
Mozzarella Sticks Broccoli Fruit Choice Milk Choice	HIDDEN STICKER DAY Pancakes w/Turkey Sausage Hash brown Fruit Choice Milk Choice	Chicken Sticks Mashed Potato / Gravy Fruit Choice Milk Choice	Cheese Steak Hero Sweet Potato Fries Fruit Choice Milk Choice	Pizzeria Pizza Garden Salad w/ Tomato Cucumbers & Garbanzo Fruit Choice Milk Choice
22	23	24	25	26
French Bread Pizza Carrot Coins Fruit Choice Milk Choice	HIDDEN STICKER DAY Teriyaki Chicken Rice Steamed Broccoli Fruit Choice Milk Choice	Pasta / Red Sauce w/ MB Romaine Salad Fruit Choice Milk Choice	Waffles w/Turkey Sausage Hash brown Fruit Choice Milk Choice	Pizzeria Pizza Garden Salad w/ Tomato Cucumbers & Garbanzo Fruit Choice Milk Choice
29	30	31		
Mini Corn Dogs French Fries Fruit Choice Milk Choice	HIDDEN STICKER DAY Soft Tacos Shredded Cheese, Salsa & Sour Cream Fruit Choice Milk Choice	Mac and Cheese Green Beans 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](#)

