



OCTOBER 2022

New Milford Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Boneless Chicken Wings w/ a Split Top Dinner Roll -Or- Cheese Lasagna	4 Empanadas w/ Rice & Beans -Or- Cheese Lasagna	5 No School - Yom Kippur	6 Sweet & Sour Chicken w/ Vegetable Fried Rice -Or- Cheese Lasagna	7 Pizzeria Pizza w/ Cucumber & Garbanzo Bean Salad -Or- Cheese Lasagna
10 Student Short Session - No Lunch Service	11 Chicken Nuggets w/ Tator Tots -Or- Grilled Cheese	12 100% Beef Hamburger on a Bun w/ a Side Salad -Or- Grilled Cheese	13 Waffles w/ an Egg Patty -Or- Grilled Cheese	14 Pizzeria Pizza w/ Corn & Edamame Salad -Or- Grilled Cheese
17 Popcorn Chicken w/ a Split Top Dinner Roll -Or- Macaroni and Cheese	18 Baked Ziti w/ a Split Top Dinner Roll -Or- Macaroni and Cheese	19 Chicken w/ Rice & Beans & Corn Salsa Tortilla Scoops -Or- Macaroni and Cheese	20 General Tso's Chicken Bowl w/ Brown Rice & a Fortune Cookie -Or- Macaroni and Cheese	21 Pizzeria Pizza w/ Cucumber & Garbanzo Bean Salad -Or- Macaroni and Cheese
24 Chicken Patty on Bun W/ Curly Fries -Or- Veggie Burger on a Bun	25 Grilled Cheese Sandwich w/ Tomato Soup -Or- Veggie Burger on a Bun	26 Cheesesteak Hero w/ Potato Wedges -Or- Veggie Burger on a Bun	27 Mini Pancakes w/ an Egg Patty -Or- Veggie Burger on a Bun	28 Pizzeria Pizza w/ Corn & Edamame Salad -Or- Veggie Burger on a Bun
31 Student Short Session - No Lunch Service	<p>Fruits & Vegetables from The Farm Stand are included with lunch.</p>		<p>Locally Grown Fruit</p>	

ALSO AVAILABLE DAILY

SALAD LUNCH (each salad includes a Whole Wheat Dinner Roll)

Chef's Salad: Tossed Greens w/ Turkey, Ham & Cheese

BAGEL & YOGURT MEAL

Bagel w/ Cream Cheese, Local Yogurt & a Trip to The Farm Stand

FOOD ALLERGIES

Allergy Aware menus are available for students with food allergies. For more information contact your Food Service Director or see our Food Allergy Best Practices at www.pomptonian.com.



Locally Grown Vegetable

"This institution is an equal opportunity provider."

A Complete Lunch Includes:

Entrée (with Protein/Grain)

Trip to The Farm Stand
(students must select at least a serving of fruit or vegetable)

Milk Choice: 1% White, Skim, or Non-Fat Flavored

Menu Subject to Change

Your comments are important to us.

Please e-mail us at

comments@pomptonian.com



At least 80% of All Grains served w/ your meal are Whole Grain Rich