

# Frelinghuysen MIDDLE SCHOOL MENU

## June 2010



Available Daily  
OUR SIGNATURE

THIN CRUST  
PIZZA  
PLAIN OR  
PEPPERONI

All Entrees are  
offered with a  
tossed salad, fresh  
seasonal fruit and  
a choice of low fat  
milk

### Salads

Mon-Deli Chef  
Tues-Chunky Tuna  
Weds-Popcorn  
Chicken  
Thurs-Catalina  
Roast Turkey  
Friday-Garden  
Cheese Salad  
Daily  
Chicken Caesar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Nuggets Whole grain Roll Tossed Salad Fruit cup Milk Choice	2  SOFT SHELL TURKEY TACO WITH CHEESE, LETTUCE & TOMATO RICE & BEANS SEASONED CORN	3 Hot Dog on an enriched bun Vegetarian baked beans Cole Slaw Fruit cup Milk Choice	4 General Tso Chicken or Popcorn Chicken Steamed white rice Oriental vegetables Fruit & Milk
7  Nachos with beef & cheese White rice Assorted toppings Fruit cup Milk Choice	8 All American Burger Bar Plain or Cheese Assort Topping Oven Fries	9  Salad Bar Choice of Grilled or Breaded Chicken/Dinner Roll Choose Your own toppings Cheese can be substituted For chicken	10 Cheese steak hero Peppers & onions Corn Fruit cup Milk Choice	11 Smothered Chicken and Cheese Burrito STEAMED WHITE RICE Salsa / Corn Fruit cup
14 Chicken patty on a whole wheat bun Buffalo or plain Oven fries Tossed salad	15  PASTA BAR ASSORTED PASTA & SAUCES With Meatballs Or Meatball hero Tossed Salad	16  Salad Bar Choice of Grilled or Breaded Chicken/Dinner Roll Choose Your own toppings Cheese can be substituted For chicken	17 Early dismissal No lunch Served	18 Early Dismissal No Lunch Served
21 Early dismissal No lunch Served		Have a Safe and happy Summer		
All Entrees are offered w/ a choice of 2 sides from featured vegetables & fresh seasonal fruit, & a choice of low fat milk Regular lunch \$3.00	TM Contains less than 30% calories from fat and less than 10% calories form Saturated Fat			



### Specials

Mon: Tuna  
Salad Wrap  
Tue: Turkey  
Club Bagel  
Wed: Little  
Italy Wrap  
Thu: Turkey  
Salad on  
Whole wheat  
Fri: Chicken  
Caesar Wrap

Questions or Comments  
Please Contact Michelle  
Mercer at 973-292-2000  
ext 2111 or email  
Chartwells at  
unit21683@compass-  
usa.com

### Bake Specials

Monday- Buffalo Chicken Pizza  
Tuesday-Italian Cheese steak Stromboli dipping sauce  
Wednesday- Pepperoni Pizza  
Thursday -Italian Stromboli with dipping sauce  
Friday-Supreme Pizza

### Available Daily—Taste

\*Hamburger/\*Cheeseburger/\*Chicken Patty  
Or choose from our Balanced choice specials

**Mondays**--- Eggplant Parm Sandwich

**Tuesdays** ---Chicken Parmesan Wrap\*

**Wednesdays**--- Cheese steak

**Thursdays**----- Buffalo Chicken Wrap\*

**Fridays**-----**Chef's Choice**

Fresh Grille Entrees are offered with 2 fruit or  
vegetable sides and a choice of low fat Milk

