

Frelinghuysen MIDDLE SCHOOL MENU

March 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 Patty on a whole wheat bun- plain or Buffalo spicy Corn on the cob Tossed salad	2 French toast sticks Colby Cheese omelet Hash brown	3 Salad Bar Choice of Grilled or Breaded Chicken/Dinner Roll Choose Your own toppings Cheese can be substituted For chicken	4 Shake & Bake Chicken Dinner Roll Corn Warm Fruit Crisp	5 Pizza Crunchers with side of sauce Seasoned Green Beans Tossed Salad
8 CHICKEN PARMESAN SEASONED PASTA DINNER ROLL MIXED VEGETABLES FRESH PEAR	9 Mini Pancakes with Colby Cheese Omelet Home fries Orange Slices	10 NACHOS W/ MEXICAN MEAT AND CHEESE SAUCE RICE & BEANS FRESH ORANGE	11 Grilled Cheese on whole wheat Carrot Coins Tomato Soup	12 Pasta with Marinara Sauce Cheese Filled bread stick Tossed Salad
15 All American Burger Bar Plain or Cheese Assort Topping Oven Fries	16 Sweet & sour Chicken White rice Breadstick Oriental vegetables Fresh orange	17 BBQ pork Riblet Cheesy Macaroni Seasoned Corn Fresh Baked Biscuit Honey BBQ sauce	18 SOFT SHELL TURKEY TACO WITH CHEESE, LETTUCE & TOMATO RICE & BEANS SEASONED CORN	19 Pizza Dippers/side of Sauce Mixed Vegetables Tossed Salad Dinner Roll
22 All American Hot Dog Bar Toppings include Chili, Cheese, Sauerkraut, Oven fries	23 Salad Bar Choice of Chicken or Cheese Assorted toppings Dinner Roll	24 General Tso Chicken or Popcorn Chicken Steamed white rice Oriental vegetables or Seasoned green beans	25 Smothered Chicken and Cheese Burrito STEAMED WHITE RICE Salsa / Corn	26 PASTA BAR ASSORTED PASTA & SAUCES With Meatballs Or Meatball hero Tossed Salad
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 from Saturated Fat	Spring Recess March 29 th thru April 2 nd School Closed	March 8 thru 12 National Breakfast week	



Specials
Mon: Tuna Salad Wrap
Tue: Turkey Club Bagel
Wed: Little Italy Wrap
Thu: Roast Beef & Spicy Mayo
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-Ham & Cheese Stromboli with 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---- Honey Mustard Chicken Wrap*
Fresh Grille Entrees are offered with 2 fruit or vegetable sides and a choice of low fat Milk

