



Middle School North Lunch Menu



May 2017

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 Chicken Nuggets Carrot Sticks w/ Ranch Dip Chilled Mixed Fruit WGR Cookie	2 Nachos Grande (Seasoned Meat, Cheese Sauce, Salsa) Sweet Corn Fresh Fruit	3 Oven Baked Chicken Dinner Roll Mashed Potatoes w/ Gravy Mandarin Oranges	4 Hamburger/Cheeseburger on Whole Wheat Roll (Lettuce & Tomato Available) Baked Beans Frozen Fruit Cup	5 Cheese Pizza Garden Salad Chilled Fruit
8 Grilled Cheese Oven Baked Fries Fresh Fruit	9 Chicken Patty on a WGR Roll Black bean Salad Chilled Mixed Fruit	10 Pasta with Meatballs Garlic Bread Cucumber Rounds Fresh Fruit	11 Breakfast for Lunch Pancakes Turkey Sausage Sweet Potato Tots Choice of Fruit Juice	12 Cheese Pizza Vegetable Sticks w/ Ranch Dip Fresh Fruit
15 Popcorn Chicken Dinner Roll Carrot Coins Chilled Applesauce	16 Hamburger/Cheeseburger on Whole Wheat Roll (Lettuce & Tomato Available) Potato Smiles Mandarin Oranges	17 Soft Shell Taco (Seasoned Meat, Cheese, Shredded Lettuce, Diced Tomato) Black Beans Mandarin Oranges	18 Chicken Patty on WGR Roll Sweet Corn Chilled Peaches	19 Cheese Pizza Caesar Salad with Tomato Fresh Fruit
22 Cheese Steak on a Hoagie Roll Oven Baked Fries Fresh Fruit	23 Chicken Nuggets Dinner Roll Carrot Sticks w/ Ranch Dip Chilled Pears	24 Breakfast for Lunch French Toast Sticks Turkey Sausage Tater Tots Choice of Fruit Juice	25 Chicken Fajita Wrap Black Bean Salad Frozen Fruit Cup	26 Cheese Pizza Garden Salad Fresh Fruit
29 School Closed	30 Meatball Hoagie Oven Baked Fries Chilled Mixed Fruit	31 Chicken Patty on a Whole Wheat Roll Carrot Coins Fresh Fruit	Lunch Prices Lunch Meal \$2.75 Reduced Meal \$.40 Second Entrée with purchase of Meal \$2.00 Entrée Only \$2.50	Food Service Dept. is accepting applications for Food Service Workers Go to www.howell.k12.nj.us click on employment to complete the application
Daily Alternates				
Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog on Whole Wheat Roll	Grab and Go Bagel Lunch	Hot Dog on Whole Wheat Roll	Grab and Go Bagel Lunch	Hot Dog on Whole Wheat Roll
Garden Salad with choice of Ham, Turkey or Cheese	Garden Salad with choice of Ham, Turkey or Cheese	Garden Salad with choice of Ham, Turkey or Cheese	Garden Salad with choice of Ham, Turkey or Cheese	Garden Salad with choice of Ham, Turkey or Cheese
Smuckers Uncrustable	Smuckers Uncrustable	Smuckers Uncrustable	Smuckers Uncrustable	Smuckers Uncrustable

"This institutions an equal opportunity provider". "El USDA es UN proveedor y empleador que ofrece igualdad de oportunidades".


Middle School South Lunch Menu


May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Carrot Sticks w/ Ranch Dip Chilled Mixed Fruit WGR Cookie	2 Nachos Grande (Seasoned Meat, Cheese Sauce, Salsa) Sweet Corn Fresh Fruit	3 Oven Baked Chicken Dinner Roll Mashed Potatoes w/Gravy Mandarin Oranges	4 Hamburger/Cheeseburger on a Whole Wheat Roll (Lettuce & Tomato Available) Baked Beans Frozen Fruit Cup	5 Cheese Pizza Garden Salad Chilled Fruit
8 Lasagna Roll w/ Marinara Sauce Oven Baked Fries Fresh Fruit	9 Chicken Patty on WGR Roll Black Bean Salad Chilled Mixed Fruit	10 Pasta w/ Meatballs Garlic Bread Cucumber Rounds Fresh Fruit	11 Breakfast For Lunch Pancakes Turkey Sausage Sweet Potato Tots Choice of Fruit Juice	12 Cheese Pizza Vegetable Sticks w/Ranch Dip Fresh Fruit
15 Popcorn Chicken Dinner Roll Carrot Coins Chilled Applesauce	16 Hamburger/Cheeseburger on a Whole Wheat Roll (Lettuce & Tomato Available) Potato Smiles Mandarin Oranges	17 Soft Shell Taco (Seasoned Meat, Cheese, Shredded Lettuce, Diced Tomato) Black Beans Fresh Fruit	18 Chicken Patty on WGR Roll Sweet Corn Chilled Peaches	19 Cheese Pizza Caesar Salad with Tomato Fresh Fruit
22 Cheese Steak on a Hoagie Roll Oven Baked Fries Fresh Fruit	23 Chicken Nuggets Dinner Roll Carrot Sticks w/ Ranch Dip Chilled Pears	24 Breakfast For Lunch French Toast Sticks Turkey Sausage Sweet Potato Tots Choice of Fruit Juice	25 Chicken Fajita Wrap Black Bean Salad Frozen Fruit Cup	26 Cheese Pizza Garden Salad Fresh Fruit
29 <u>School Closed</u>	30 Meatball Hoagie Potato Smiles Fresh Fruit	31 Chicken Patty on a Whole Wheat Roll Carrot Coins Fresh Fruit	Lunch Prices Lunch Meal \$2.75 Reduced Meal \$.40 Second Entrée with purchase of Meal \$2.00 Entrée Only \$2.50	<u>Food Service Dept. is accepting applications for Food Service Workers</u> <u>Go to www.howell.k12.nj.us click on employment to complete the application</u>
<u>Daily Alternates</u>				
	<u>*Deli Bar Available Daily</u>		<u>*Salad Bar Available Daily</u>	
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Hot Dog on Whole Wheat Roll	Grab & Go Bagel Lunch	Hot Dog on Whole Wheat Roll	Grab & Go Bagel Lunch	Hot Dog on Whole Wheat Roll
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	** Fruit & Yogurt Parfait **
Smuckers Uncrustable	Smuckers Uncrustable	Smuckers Uncrustable	Smuckers Uncrustable	Smuckers Uncrustable

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STUDENT PRICE LIST

SNACKS:

POPCORNERS Kettle, Sea Salt, Caramel	1.1oz	\$1.00
Multigrain Chips, Vegetable Crisp Chips	1oz	\$1.00
Hot Fries, Bacon Cheddar Fries	1oz	\$.90
Simply Chex Chocolate Caramel	1.03oz	\$1.00
Cheese Balls	.8oz	\$.90
Smartfood Popcorn	.5oz	\$.70
Wise RF Butter Popcorn	.625oz	\$.70
Lindens Chocolate Chippers, Butter Crunch	1.1 oz	\$1.00
Lindens Cookies	1.1 oz	\$1.00
Chocolate Chip, Fudge Chip, Oatmeal Raisin, Butter Crunch		
Nachos & Cheese		\$1.00
Soft Pretzel		\$.60

ICE CREAM:

Blueberry, Sour Cherry, Sour Apple Twister Cups	\$1.15
Red. Fat Ice Cream Sandwiches	\$.75
Low Fat Chocolate, Vanilla, Cotton Candy or Strawberry Sundae Cup	\$.70
Red. Fat Chocolate Éclair Bar, Red. Fat Strawberry Scooter	\$.75
Low Fat Cookies & Cream Cone, Chocolate Vanilla Twist Cone, Crazy Cone	\$1.15

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We are pleased to offer an exciting new option to help make your life easier. mySchoolBucks.com™ is an on-line system that will allow you to make deposits into your student's school meal accounts.

Getting started is easy! Simply go to www.mySchoolBucks.com and register using the "Start Here" link on the right side of the page. A confirmation email will be sent to the address you provide... simply follow the link included in that email and your registration will be complete. Once you log in, you can add as many students as you'd like by entering each student's school, their name and date of birth.

Security is a priority at mySchoolBucks.com. Their system is secure and provides the highest level of protection for all of your information. All transactions use 128-bit encryption. Any information provided by you remains confidential. For more information, the Privacy Policy and Terms of Use can be found on the website.

mySchoolBucks.com allows you to check balances, review transaction history, and receive low balance alerts from the comfort of your home for no charge. A small convenience fee may apply if you make payments to your child's account, but you will have the opportunity to review any fees (and cancel, if you choose) before you are charged. If you have any questions, you can email Support@myschoolbucks.com.

Thank you for your support and enjoy the convenience of mySchoolBucks!

Audrey Macdonald
Director Food Services
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Howell Schools May 2017 Breakfast Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Choice of Cereal With Yogurt Or Choice of Warm Entree	Choice of Cereal With String Cheese Or Choice of Warm Entree 100% Fruit Juice	Choice of Cereal With Yogurt Or Whole Grain Rich Bagel with String Cheese	Choice of Cereal With String Cheese Or Choice of Warm Entree With Raisins	Choice of Cereal With Yogurt Or Choice of Warm Entree

**All Breakfast includes choice of Fruit and Milk
Meal Price Paid**

Daily Fruit Choices

Fresh Apple, Fresh Orange,
Chilled Applesauce, Raisins or 100% Fruit Juice

Daily Milk Choices

1% White, Fat Free White,
Strawberry or Chocolate

Warm Entrée Choices: Pillsbury Cinni Mini, Mini Maple Waffle, Banana Bread, Apple Frudel, Mini Pancakes