## **VENTNOR EDUCATIONAL COMMUNITY COMPLEX**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| On the Menu for Breakfast:   | Cost: \$2.00 Full (If you ge                                       | t a free/reduced lunch you g   | et a free/reduced breakfast).  |  |
| Assorted PopTarts w/String Cheese OR Cereal Bowl & Grahams Fruit Juice AND Fresh Fruit   | WG Mini Cinni OR Cereal Bowl & Grahams Fruit Juice AND Fresh Fruit | Manager's Special  OR Cereal Bowl & Grahams  Fruit Juice AND Fresh Fruit | WG Assorted Mini Pancakes OR Cereal Bowl & Grahams Fruit Juice AND Fresh Fruit | Assorted WG Muffins w/Graham  OR Cereal Bowl & Grahams  Fruit Juice AND Fresh Fruit  |
| On the Menu for Lunch: Cost: \$3.35 FullFree/Reduced - No Charge   |  |  |  | ALTERNATES AVAILABLE DAILY  * Melted Cheese Sandwich  * Yogurt & 1/2 Cheese SW w/Graham  * Turkey Ham & Cheese Sandwich  * SunButter/Jelly Sandwich with String Cheese & Graham  * Salad with Fruit and Roll |
| This menu meets all Child Nutrition Regulations, but is subject to change due to delivery difficulties.  This institution is an equal opportunity provider and employer. |  |  |  |  |
|  |  | 1  | 2  | 3  |
|  |  | Chicken Nuggets  | Breaded Mozzarella Sticks w/Marinara Sauce                                     | Turkey Taco Meat w/ 2 WG Tortillas   |
| Any Cafeteria questions or   |  | WG Cheesy Breadstick   | Carrot Sticks  | Lettuce, Tomato, Cheese & Salsa  |
| concerns, please call Patricia   |  | Cucumber/Tomato Salad & Tater Tots                                       | Green Beans  | Black Beans OR Refried Beans   |
| at 609-487-7900 x 5070.  |  | Chilled Fruit Cup  | Chilled Fruit Cup  | Fresh Orange   |
|  |  | OR Buffalo Chicken Salad, Fruit & Roll                                   | OR Chicken Caesar Salad, Fruit & Roll  | OR Garden Salad w/Sliced Egg, Fruit & Roll   |
| 6  | 7  | 8  | 9  | 10   |
| Cheese Pizza   | Popcorn Chicken  | Hamburger  | Chicken Tenders w/ BBQ Sauce   | French Toast Sticks  |
| Carrot Sticks  | WG Dinner Roll   | WG Hamburger Roll  | WG Biscuit   | Turkey Sausage Patty   |
| Fresh Broccoli   | Macaroni/Cheese & Sweet Corn                                       | Veggie Beans & Smiley Potatoes   | Green Beans  | Carrot Sticks & Hash Brown   |
| Chilled Apple Juice  | Chilled Fruit Cup  | Chilled Fruit Cup  | Chilled Fruit Cup  | Chilled Fruit Punch  |
| OR Buffalo Chicken Salad, Fruit & Roll   | OR Chef w/Egg & Tuna Salad, Fruit & Roll                           | OR Buffalo Chicken Salad, Fruit & Roll                                   | OR Chicken Caesar Salad, Fruit & Roll  | OR Garden Salad w/Sliced Egg, Fruit & Roll   |
| 13   | 14   | 15   | 16   | 17   |
| Cheese Pizza Bagel   | Chicken Fries  | Pasta w/Marinara & Chicken Fillet Parm.                                  | Cheeseburger   | Funnel Cake  |
| Carrot Sticks  | WG Dinner Roll   | WG Breadstick  | on WG Roll   | Turkey Sausage Patty   |
| Cannellini Beans & Tomatoes  | Fresh Celery & Smiley Potatoes                                     | Garden Salad   | Baked Fries  | Tater Tots   |
| Fresh Fruit  | Chilled Fruit Cup  | Chilled Fruit Cup  | Chilled Fruit Cup  | Froot Jooce  |
| OR Buffalo Chicken Salad, Fruit & Roll   | OR Chef w/Egg & Tuna Salad, Fruit & Roll                           | OR Buffalo Chicken Salad, Fruit & Roll                                   | OR Chicken Caesar Salad, Fruit & Roll  | OR Garden Salad w/Sliced Egg, Fruit & Roll   |
| 20   | 21   | 22   | 23   | 24   |
| Cheese Pizza   | Chicken Patty Sandwich   | Egg & Cheese   | Chicken Nuggets  | General Tso Chicken  |
| Carrot Sticks  | on WG Kaiser Roll  | on WG English Muffin   | WG Cheesy Breadstick   | WG Dinner Roll   |
| Mixed Bean Salad   | Baked Waffle Fries   | Carrot Sticks & Hash Brown   | Cabbage Slaw & Sweet Potato Fries  | WG Cooked Rice & Broccoli  |
| Fresh Apple Slices   | Chilled Fruit Cup  | Chilled Fruit Cup  | Chilled Fruit Cup  | Fresh Orange   |
|  | OR Chef w/Egg & Tuna Salad, Fruit & Roll                           |  | OR Chicken Caesar Salad, Fruit & Roll  | OR Garden Salad w/Sliced Egg, Fruit & Roll   |
| 27   | 28   | 29   | 30   | 31   |
| No.  | Beef Sloppy Joe  | Popcorn Chicken  | Meatball Shorty w/Marinara   | French Toast Sticks  |
| NO   | WG Kaiser Roll   | WG Dinner Roll   | WG Roll  | Turkey Sausage Patty   |
| SCHOOL   | Baked Fries  | Mashed Potatoes & Green Beans  | Cannellini Beans & Garden Salad  | Carrot Sticks & Hash Brown   |
| Memorial Day   | Chilled Fruit Cup  | Chilled Fruit Cup  | Chilled Fruit Cup  | Chilled Fruit Punch  |
|  | OR Chef w/Egg & Tuna Salad, Fruit & Roll                           | OR Buffalo Chicken Salad, Fruit & Roll                                   | OR Chicken Caesar Salad, Fruit & Roll  | OR Garden Salad w/Sliced Egg, Fruit & Roll   |