



OCTOBER 2023

GREENWICH TOWNSHIP LUNCH MENU

What is a Meal?
Take at least 3 components or five offered
One Must Be a Fruit OR Veggie
But why not take both?
Take 1 Or 2 Veggies
Take 1 Or 2 Fruits
You may choose a milk, meal/meal alternate and a grain

Weekly Vegetable Subgroups May Include:

Dark green - broccoli & romaine
Red/Orange - carrots, tomatoes & red peppers

Starchy - fries & corn

Other Vegetables: cucumbers, green beans, celery sticks & peas

Beans-baked & toasty bites

Featured Fruit May Include:
oranges, apples, bananas, grapes, peaches, strawberries, apple sauce, mixed fruit, pears % 100% fruit juices

Milk Choices

1% white, non fat chocolate, non fat strawberry & lactate

LEAVE YOUR LUNCHBOX AT HOME! DAILY ALTERNATES.

PB&J Uncrustable Lunch
or

Cereal Bag

w/ Cereal, Goldfish Crackers, String Cheese, & Yogurt

Lunch Prices

Student \$3.50

Reduced- Free this year!

Adult \$5.00

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Food Service Director

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*Menu subject to change.

USDA is an equal opportunity provider and employer.

Monday

2

Nachos
& Cheese
& a Churro

Chicken Caesar Salad

Featured Veggies:
Steamed Broccoli
Baby Carrotsw/ Ranch
Fresh Fruit
Choice of Milk

Taco Tuesday

3

National Soft Taco Day!
Tacos on 2 Wraps
w/ Topping
Toasty Bean Bites

Garden Salad w/ Cheese

Featured Veggies:
Golden Corn
Cucumbers w/ Ranch
Cupped Fruit
Choice of Milk

Wednesday

4

Grilled Cheese
on w/g White Bread
w/ Tomatoe Soup

Buffalo Chicken Salad

Featured Veggies:
Hash Brown
Pepper Slices w/ Ranch
Fresh Fruit
Choice of Milk

Thursday

5

Chicken
Nuggets
w/ Mac & Cheese

Featured Veggies:
Seasoned Green Beans
Baby Carrotsw/ Ranch
Cupped Fruit
Choice of Milk

Pizza Friday!

6

Nardone's
French
Bread
Pizza

Featured Veggies:
Garden Salad
Fresh Fruit
Choice of Milk

9

NO

SCHOOL

10

Cheese Burger
on a w/g Bun

Garden Salad w/ Cheese

Featured Veggies:
Oven Fries & Baked Beans
Cucumbers w/ Ranch
Cupped Fruit
Choice of Milk

11

French Toast Sticks
w/ Sausage & Syrup

Buffalo Chicken Salad

Featured Veggies:
Hash Brown
Pepper Slices w/ Ranch
Fresh Fruit
Choice of Milk

12

Popcorn
Chicken
w/ a w/g Corn Muffin

Featured Veggies:
Mashed Potatoes & Gravy
Golden Corn
Baby Carrotsw/ Ranch
Cupped Fruit
Choice of Milk

13

Nardone's
Stuffed
Crust
Pizza

Featured Veggies:
Caesar Salad
Fresh Fruit
Choice of Milk

16

Stuffed Bread Sticks
w/ Marinara Sauce

Chicken Caesar Salad

Featured Veggies:
Popping Peas
Baby Carrotsw/ Ranch
Fresh Fruit
Choice of Milk

17

National Pasta Day!
Meat Sauce w/ Pasta
w/ a Bread Stick

Garden Salad w/ Cheese

Featured Veggies:
Streamed Carrots
Cucumbers w/ Ranch
Fruit Cup
Choice of Milk

18

Italian Hoagie
on a w/g Torp w/ Chips

Buffalo Chicken Salad

Featured Veggies:
Toasty Bean Bites
Pepper Slices w/ Ranch
Fresh Fruit
Choice of Milk

19

Chicken
Parmesan
w/ w/g Pasta

Featured Veggies:
Seasoned Green Beans
Baby Carrotsw/ Ranch
Cupped Fruit
Choice of Milk

20

Nardone's
Round
Pizza

Featured Veggies:
Garden Salad
Fresh Fruit
Choice of Milk

23

Chicken Patty
on a w/g Bun

Chicken Caesar Salad

Featured Veggies:
Oven Fries
Baby Carrotsw/ Ranch
Fresh Fruit
Choice of Milk

24

Nacho's Grande
w/ Topping
& Toasty Bean Bits

Garden Salad w/ Cheese

Featured Veggies:
Golden Corn
Cucumbers w/ Ranch
Cupped Fruit
Choice of Milk

25

Hot Dog
on a w/g Bun

Buffalo Chicken Salad

Featured Veggies:
Tater Tots & Baked Beans
Pepper Slices w/ Ranch
Fresh Fruit
Choice of Milk

26

Chicken
Nuggets
w/ Waffles & Syrup

Featured Veggies:
Hash Brown
Baby Carrotsw/ Ranch
Cupped Fruit
Choice of Milk

27

Nardone's
Pepperoni
Pizza

Featured Veggies:
Caesar salad
Fresh Fruit
Choice of Milk

30

Mozzarella Sticks
w/ Marinara Sauce

Chicken Caesar Salad

Featured Veggies:
Streamed Broccoli
Baby Carrotsw/ Ranch
Fresh Fruit
Choice of Milk

31

Walking Taco's
w/ Dorito's & Topping
& Toasty Bean Bits

Garden Salad w/ Cheese

Featured Veggies:
Golden Corn
Cucumbers w/ Ranch
Cupped Fruit
Choice of Milk

