

What's on the Menu?

January 2022 Secondary Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday



3
Banana Muffin
Graham Cracker
Fresh Red
Delicious Apple

4
Mini Cinnamon
Waffles
100% Juice

5
Blueberry Muffin
Graham Cracker
Fresh Banana

6
French Toast
Sticks with Syrup
Turkey Sausage

7
Apple Cinnamon
Nutri-Grain Bar
Raisins



10
Lucky Charms
Cereal
Graham Cracker
100% Juice

11
Pancakes
Egg Patty
Sausage Patty
100% Juice

12
Coco Puff Cereal
Bar
Apple Slices

13
Bagel With
Cream Cheese
Granny Smith
Apple

14
Egg & Cheese
Sandwich
100% Orange
Juice



17
School Closed
Martin Luther
King Jr. Day

18
Cheese Omelet,
Sausage
Hash brown potato
Platter
100% Orange
Juice

19
Banana Muffin
Fresh Peach

20
Waffles with
Turkey Sausage
Links Platter
100% Fruit
Punch

21
Hot Turkey Ham,
Egg & Cheese
Sandwich
Fresh Orange



24
Reduced Sugar
Lucky Charms
Cereal
100% Juice and
Crackers

25
Pancakes
With Sausage
Patty
100 % Apple
Juice

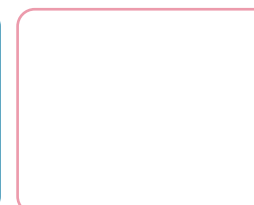
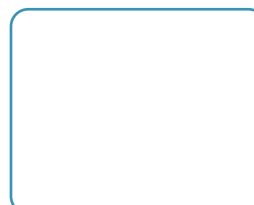
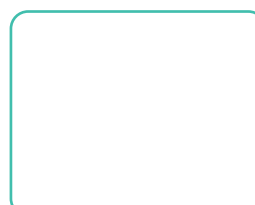
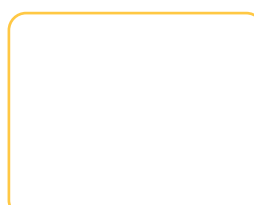
26
Coco Puff Cereal
Bar
Fresh Banana

27
Trix
Cereal
100% Juice and
crackers

28
Strawberry Filled
Bagel with
Cream Cheese
Fresh Orange



31
Golden Graham
Cereal Bar
Graham Cracker
Fresh Apple
Slices



Annette Santiago
973 677-4000 x5099

chartwells
serving up happy & healthy

All meals served with low fat milk
Vegetarian Locally Grown

This institution is an equal opportunity provider.
Menu subject to change without notice.

What's on the Menu?

January 2022
Orange Secondary Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

All meals come complete with:

3
Crispy Fish Sticks
Dinner Roll
Sliced Carrots

4
Chicken Fajita Meat
Brown Rice
Refried Beans

5
Pasta with Italian Meat Sauce
Garlic Bun
Seasoned Broccoli

6
Philly Cheese Steak Sandwich
Peppers and Onions
French Fries

7
Oven Roasted Chicken
Corn Muffin
Mixed Vegetables



Deli
M-Turkey & Cheese
T-Turkey Ham & Cheese
W-Italian Hoagie
Th-Chicken Salad
F-Tuna Salad

10
Chicken Parmesan Sandwich
Tater Tots

11
Turkey Taco With Nacho Chips
Salsa
Kidney Beans

12
General Tso Chicken
Brown Rice
Mixed Vegetables

13
Grilled Cheese Sandwich
Glazed Carrots
Broccoli Florets

14
BBQ Drumsticks
Dinner Roll
Mashed Sweet Potatoes



Wild Greens
M-Caesar Salad
T-Tuna Salad
W-Chef Salad
Th-Cheese Salad
F-BBQ Chicken Salad

17
SCHOOL CLOSED
MARTIN LUTHER KING DAY Jr

18
Chicken Fajita Meat
Brown Rice
Salsa
Refried Beans

19
Cheese Stuffed Shells
Dinner Roll
Seasoned Spinach

20
Teriyaki Beef
Vegetable Fried Rice
Mixed Vegetables
Fortune Cookie

21
Popcorn Chicken
Mozzarella Sticks
Marinara Sauce
Dinner Roll



2Mato
Monday, Wednesday & Friday
Assorted Pizza
Plain, Pepperoni, Buffalo

24
Buffalo Chicken Wrap
Seasoned Potato Wedges
Broccoli Florets

25
Turkey Taco with Nacho Chips
Salsa
Mexicali Corn

26
Beef Hot Dog on a bun
Vegetarian Baked Beans

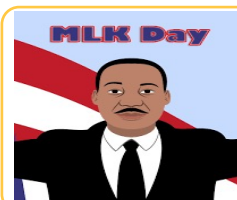
27
Macaroni and Cheese
Chicken Drumstick
Dinner Roll
Mixed Vegetables

28
Sweet and Sour Chicken
Brown Rice
Mashed Sweet Potatoes



Fresh Grill
T-Hamburger
Cheeseburger
Th-Chicken Patty
Chicken Parmesan

31
Mashed Potato Bowl with Chicken, gravy and corn
Dinner Roll



**Protein/Protein Substitute
Fruit
Vegetable
Bread/Grain
Choice of milk**



Annette Santiago-
973 677-4000 x41732

chartwells
serving up happy & healthy

All meals served with fruit, vegetable and choice of low fat milk

*This institution is an equal opportunity provider.
Menu subject to change without notice