


# LAFAYETTE-PERSHING SCHOOL MENU JUNE 2017

pgcpschools.org

## BREAKFAST MENU

Choose at least 3 items; one item must be a ½ cup serving of a vegetable, fruit or fruit juice.

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| Cereal Bowl w/1 pk. Graham Crackers or Muffin<br>Choice of:<br>Vegetable, Fruit Cup, Juice, Milk             | Mini Pancakes or Goldfish Cracker w/Yogurt<br>Choice of:<br>Vegetable, Fruit Cup, Juice, Milk  | Bagel w/Cream Cheese or Cereal Bowl w/1 pk. Graham Crackers<br>Choice of:<br>Fruit Cup or Juice<br>Vegetable, Fruit Cup, Juice, Milk | Goldfish Cracker w/Yogurt or Cereal Bowl w/1 pk. Graham Crackers<br>Choice of:<br>Vegetable, Fruit Cup, Juice, Milk                      | Cereal Bowl w/1 pk. Graham Crackers or Mini Waffle<br>Choice of:<br>Vegetable, Fruit Cup, Juice, Milk                               |
| <b>LUNCH MENU</b>  |  |  |  |   |
|  |  |  | June. 1  | June. 2   |
|  |  |  | Chicken Fajita w/Brown Rice, Fixins & Salsa on WG Tortilla Wraps (2)<br>Carrot Sticks w/Dip<br>Corn Niblets<br>Fruit Cup                 | Whole Grain Pizza w/wo Toppings<br>Carrot Sticks w/Dip<br>Seasoned Broccoli<br>Fruit Cup  |
| June. 5  | June. 6  | June. 7  | June. 8  | June. 9   |
| Cheeseburger on WG Bun<br>Carrot Sticks w/Dip<br>Mashed Potatoes<br>Fruit Cup                                | Cheese Quesadilla w/Fixins & Salsa on WG Tortilla Wrap (2)<br>Carrot Sticks w/Dip<br>Black Beans<br>Golden Corn Niblets<br>Fruit Cup | WG Pasta w/Meat Sauce<br>WG Breadstick<br>Glazed Carrot Coins<br>Seasoned Green Beans<br>Fruit Cup                                   | Chicken Tacos w/Brown Rice, Fixins & Salsa on Taco Shells (2)<br>Carrot Sticks w/Dip<br>Golden Corn Niblets<br>Fruit Cup                 | Whole Grain Pizza w/wo Toppings<br>Carrot Sticks w/Dip<br>Seasoned Spinach<br>Fruit Cup   |
| June. 12   | June. 13   | June. 14   | June. 15   | June. 16  |
| BBQ Cheeseburger on WG Bun<br>Carrot Sticks w/Dip<br>French Fries<br>Fruit Cup                               | Whole Grain Pizza w/wo Toppings<br>Carrot Sticks w/Dip<br>Seasoned Broccoli<br>Fruit Cup   | Ham & Cheese Hoagie on WG Torpedo Roll<br>Carrot Sticks w/Dip<br>Celery Sticks w/Dip<br>Fruit Cup                                    | Turkey & Cheese Hoagie on WG Torpedo Roll<br>Carrot Sticks w/Dip<br>Celery Sticks w/Dip<br>Fruit Cup                                     | American Hoagie on WG Torpedo Roll<br>Carrot Sticks w/Dip<br>Celery Sticks w/Dip<br>Fruit Cup                                       |
| BEGIN SUMMER VACATION<br> |  |  |  |   |
|  |  |  | This institution is an equal opportunity provider.<br>~~~~~<br>El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. | <b>EMPLOYMENT OPPORTUNITIES !</b><br>Substitute Food Service Workers needed. Contact (856) 299-6300 ext. 3225 for more information. |

Colleen M. Green, Food Service Director (856) 299-6300 Ext. 3225

CAUTION: Common food allergen triggers-such as, but not limited to, dairy, eggs, fish, milk, nuts, soy and wheat may have come in contact with some or all of the foods served due to cross-contamination possibility in manufacturing or service and preparation.

**BREAKFAST SERVICE EVERY DAY IN THE CAFETERIA. ALL STUDENTS ARE WELCOME!**

**PAID BREAKFAST: \$1.50**

**REDUCED BREAKFAST: \$.30**

Breakfast Includes:

Choice of up to 2 bread/grains, 1 cup of fruit and 1milk.

Students must select at least 3 food items including at least ½ cup of vegetable, fruit or fruit juice.

**PAID LUNCH: \$2.55**

**REDUCED: \$.40**

Lunch Includes:

Milk, Fruit, Vegetable, Whole Grain (WG) and Meat/Meat Alternate

Students must select one (1) serving of fruit or vegetable with their lunch

**ALTERNATE LUNCH CHOICES DAILY:**

PB & J on WG Bread w/Cheese Stick or Yogurt or Tuna on WG Bread

**VARIETY OF MILK DAILY**

**LOW FAT/FAT-FREE**

**FRESH FRUIT AVAILABLE**

**EVERY DAY**

**SNACKS and BEVERAGES AVAILABLE FOR PURCHASE**

**PLEASE KEEP A POSITIVE BALANCE IN YOUR CHILD'S MEAL ACCOUNT**

**MAKE ONLINE PAYMENTS AT [WWW.PAYPAMS.COM](http://WWW.PAYPAMS.COM)**

**MENU SUBJECT TO CHANGE**

**Website of the Month:**  
[www.nj.gov/jerseyfresh](http://www.nj.gov/jerseyfresh)