

# Mount Olive Middle School October 2021

**What is a Lunch?**  
**Fruit, Vegetable, Grain, Protein & Dairy**  
 All meals must include all 5 components

*Menu subject to change.*

PER USDA, ALL MEALS ARE FREE!	Milk Selection includes 1% white Fat-Free chocolate			1 Twin Beef Hot Dogs
4 Breakfast for Lunch	5 Cheese Burger	6 Crispy Chicken & Bacon Sandwich	7 Hot Ham & Cheese on Pretzel	8 Chicken & Waffles
11 NO SCHOOL	12 Meatball Sub	13 Spicy Chicken Patty	14 Nachos with Turkey Taco Meat	15 BBQ Pulled Pork Sandwich
18 Twin Beef Hot Dogs	19 Breaded Chicken Drumsticks	20 Macaroni & Cheese Dinner Roll	21 General Tso's Chicken with Rice	22 Chicken & Cheese Taqitos
25 Breakfast for Lunch	26 Pasta with Meatballs Dinner Roll	27 Texas Toast Grilled Cheese with Tomato Soup	28 Nachos with Turkey Taco Meat	22 Buffalo Chicken Sub



### ALL MEALS INCLUDE FRUIT, VEGETABLE AND MILK

Hot Entrees will include a HOT vegetable, while cold entrees will include a COLD vegetable  
 COLD fruit and MILK are included with all meals



### MENU VARIETY ON ROTATING BASIS

- Italian Sub
- Turkey & Cheese on Kaiser
- Ham & Cheese on Kaiser
- Garden Salad with chicken
- Garden Salad with chicken or tuna salad  
*served with vegetable, fruit and milk.*



### AVAILABLE DAILY

- Chicken Tenders
- Mozzarella Sticks

*served with baked french fries, fruit and milk.*

**AVAILABLE  
DAILY**

**Cheese or Pepperoni Pizza**

*Served with baked French fries, fruit and milk.*



Interested in a part-time job? Join our team and help promote healthy nutrition for your student and all of our students. Call Tony at 973-691-4006 x5701

*If you have questions about the menu, please contact Tony Kowalak. 973-691-4006 x5701 or email at Anthony.kowalak@Sodexo.com.  
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