

# Mount Olive Middle School September 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!	<i>Milk Selection includes 1% white Fat-Free chocolate</i>	1 <b>GRAB &amp; GO</b> Spicy Chicken Patty or Bagel Box	2 <b>GRAB &amp; GO</b> Chicken & Waffles or Bagel Box	3 <b>GRAB &amp; GO</b> Individual Cheese Pizza or Bagel Box
6 NO SCHOOL	7 NO SCHOOL	8 Breakfast for Lunch	9 Pasta with Meatballs Dinner Roll	10 Pulled Pork BBQ Sandwich
13 Twin Beef Hot Dogs	14 Breaded Chicken Drumsticks	15 Macaroni & Cheese Dinner Roll	16 NO SCHOOL	17 General Tso's Chicken with Rice
20 Breakfast for Lunch	21 Pasta with Meatsauce Dinner Roll	22 Philly CheeseSteak	23 Nachos	24 Meatball Sub
27 Cheese Burger	28 Buffalo Chicken Sub	29 Macaroni & Cheese Dinner Roll	30 Chicken & Cheese Taquitos	



### 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.  
 Go to [payschoolscentral.com](http://payschoolscentral.com) for online student account management.*

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