



October 2020

Middle School Grab & Go

Monday

Tuesday

Wednesday

Thursday

Friday

**Per USDA,
ALL MEALS
ARE FREE!**

29

30

1

2

WELCOME BACK MARAUDERS!

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Each LUNCH includes BREAKFAST for the next school day!

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PICKUP MEALS in MOHS Front Lobby or PAC Lobby after last bell!

19

**Corn Dog
Nuggets**
Baby
Carrots

20

**Chicken
Patty
Sandwich**
Chilled Corn

21

**Macaroni
& Cheese**
Broccoli
Dippers

22

**Chicken
& Waffles**
3 Bean
Salad

23

**Big
Daddy's
Pizza**
Green Pepper
Strips

Alternate Meal: Bagel Box (Fresh Bagel, Yogurt & String Cheese)

26

**Breakfast
for Lunch**
Sweet
Potato Tots

27

**Texas
Grilled
Cheese**
Baked Fries

28

**Chicken
Tenders**
Broccoli
Dippers

29

**Cheese
Burger**
Black Beans

30

**Big
Daddy's
Pizza**
Celery Sticks

Alternate Meal: Pretzel Box (Soft Pretzel, Cheese Sauce & String Cheese)

Lunch Menu

Menu is subject to change

All Meals Include Milk & Fruit

This Institution Is An Equal Opportunity Provider

Contact Food Service Office for special requests - 973-691-4006x5701

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QUALITY OF LIFE SERVICES