



**Meet Your Nutritious Friend:
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Sticks Dinner Roll</p> <p>FEATURED VEGGIES Oven Fries</p>	<p>3</p> <p>Nachos Grande</p> <p>FEATURED VEGGIES Mexicali Corn</p>	<p>4</p> <p>Pizza Crunchers</p> <p>FEATURED VEGGIES Tater Tots</p>	<p>5</p> <p>Pasta with Meat sauce</p> <p>FEATURED VEGGIES Celery Sticks with Ranch</p>	<p>6</p> <p>Big Daddy Cheese Pizza (V)</p> <p>FEATURED VEGGIES Cucumber Slices</p>
<p>9</p> <p>Cheeseburger on a Bun</p> <p>FEATURED VEGGIES Cucumber Slices</p>	<p>10</p> <p>Nachos Grande</p> <p>FEATURED VEGGIES Golden Corn</p>	<p>11</p> <p>French Toast Sticks with Sausage Patties</p> <p>FEATURED VEGGIES Tater Tots</p>	<p>12</p> <p>Macaroni & Cheese (V)</p> <p>FEATURED VEGGIES Stewed Tomatoes</p>	<p>13</p> <p>Cheese (V) or Pepperoni French Bread Pizza</p> <p>FEATURED VEGGIES Baby Carrots</p>
<p>16</p> <p>Popcorn Chicken with Roll</p> <p>FEATURED VEGGIES Mashed Potatoes</p>	<p>17</p> <p>Beef & Cheese Quesadilla</p> <p>FEATURED VEGGIES Tomato Salad</p>	<p>18</p> <p>Chicken Tenders with a Biscuit</p> <p>FEATURED VEGGIES Smile Fries</p>	<p>19</p> <p>Big Daddy Cheese Pizza (V)</p> <p>FEATURED VEGGIES Steamed Corn</p>	<p>20</p> <p>4 HOUR SESSION Chicken Patty on a Bun (V)</p> <p>FEATURED VEGGIES Roasted Zucchini</p>
<p>23</p> <p>Chicken Nuggets with Roll</p> <p>FEATURED VEGGIES Mashed Potatoes</p>	<p>24</p> <p>Macaroni & Cheese (V)</p> <p>FEATURED VEGGIES Green Beans</p>	<p>25</p> <p>Hot Dog on a Roll</p> <p>FEATURED VEGGIES Oven Baked Fries</p>	<p>26</p> <p>Toasted Cheese Sandwich (V)</p> <p>FEATURED VEGGIES Corn Salad</p>	<p>27</p> <p>Cheese (V) or Pepperoni French Bread Pizza</p> <p>FEATURED VEGGIES Roasted Sweet Potatoes</p>
<p>30</p> <p>Chicken Sticks with Goldfish</p> <p>FEATURED VEGGIES Steamed Corn</p>	<p>31</p> <p>Chicken & Cheese Quesadilla</p> <p>FEATURED VEGGIES Salsa</p>			

What is a Meal?
Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white

Daily Alternates

PB&J Craveables (V) (Grape Uncrustable with a Mozzarella String Cheese, Goldfish and Apple Slices)

Yogurt Craveables (V) (Strawberry Banana Yogurt, Goldfish, Mozzarella String Cheese)

Cold Cut Sandwiches or Wraps

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Stacy Oates, Food Service Director
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Meal Prices

Student Lunch \$3.50
Reduced Lunch \$0.00
Faculty Lunch \$3.85

