

# Pitman Elementary School

## March 2020

You can pay for your child's lunch on-line.

Log on to:

www.payschoolscentral.com

The Five components of a "school meal" are: **Protein, Vegetables, Fruit, Grain, & Milk**  
*In order for your child's lunch to count as a school meal, regardless of lunch status, they must select at least 3 different food components, one of which is a fruit or vegetable.*

Nutrition Tip of the Month:

**Eat breakfast.** Start your day off right with a good meal when you get up. Whether you're waking up at noon or dawn, be sure to eat something healthy to help give your body the proper energy it needs.

### Monday

2 Mozzarella Breadstick  
 Marinara Sauce  
 Emoji Potatoes  
 Mandarin Oranges

9 Mini Strawberry Pancakes  
 Sausage Patty  
 Hash Brown  
 Strawberries

16 Hot Turkey Sandwich  
 Mashed Potatoes  
 Mandarin Oranges

23 Mini Cinnamon French Toast  
 Sausage Patty  
 Hash Browns  
 Blueberries

30 Bacon/Egg/Cheese Bagel  
 Roasted Potatoes  
 Mandarin Oranges

### Tuesday

3 Hot Ham & Cheese/Pretzel Bun  
 Baked Beans  
 Applesauce

10 Nacho "Leach" Grande  
 Bean Salad  
 Pears

17 **NEW ITEM**  
**Cheeseburger/Pretzel Bun**  
 Baked Beans  
 Pineapples  
 Sundae Cup

24 Soft Taco  
 Bean Salad  
 Mixed Fruit

31 Corndog Nuggets  
 Baked Beans  
 Pineapples

### Wednesday

4 Nick's Pizza  
 Salad  
 Banana

11 Nick's Pizza  
 Celery Sticks/Dip  
 Orange Wedges

18 Nick's Pizza  
 Bag Carrots/Dip  
 Banana

25 Nick's Pizza  
 Bag Carrots/Dip  
 Apple



### Thursday

5 Chicken Patty/Bun  
 Carrots  
 Pears

12 Chicken Fingers  
 Spinach  
 Peaches

19 Teriyaki Chicken  
 Rice  
 Broccoli  
 Pears

26 Chicken Nuggets  
 Broccoli  
 Pineapples



### Friday

6 "Dr Mc" & Cheese  
 Broccoli  
 Peaches

13 Pizza Crunchers  
 Carrots  
 Pineapples

20 "Officer Pete's" Grilled Cheese  
 Tomato Soup  
 Celery Sticks/Dip  
 Mixed Fruit

27 Mini Cheese Ravioli  
 Dinner Roll  
 Salad  
 Pears



#### Available Daily

Daily Entrée  
 Hot Dog  
 Bagel  
 Peanut Butter & Jelly  
 Student Salad  
 Turkey & Cheese

**Please Note:** Meat Alternate = Cheese Stick, Hard Boiled Egg and/or Yogurt . (Only served with lunch when a meat/meat alternate is not offered as main entrée).  
**THIS IS AN EQUAL OPPORTUNITY PROVIDER**

#### Lunch Price

\$2.75 Paid  
 \$.40 Reduced  
**A La Carte Prices**  
**Ice Cream \$1.35**  
**Variety of Snacks \$ .75**  
**Extra Milk \$ .60**

Menu is subject to change  
**\*IF SENDING A CHECK, PLEASE MAKE PAYABLE TO PITMAN CAFETERIA\***  
 For questions regarding the school lunch program, contact:  
 Joelle Sweigart - Phone #: 856-589-0718 or Email: jsweigart@pitman.k12.nj.us