

# October

# Millburn Lunch Curbside Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Turkey & Cheese Sub Sandwich Vegetable of the Day Chilled Cupped Fruit Milk	Italian Meatball Sub Vegetable of the Day Fresh Fruit Milk
5	6	8	9	9
Corn Dog Nuggets Vegetable of the Day Applesauce Cup Milk	*BBQ Rib Sandwich Vegetable of the Day Chilled Cupped Fruit Milk	Turkey Nachos/Tacos Vegetable of the Day Raisins/Cranberries Milk	Cheddar Cheese Stick Hard Boiled Egg Goldfish Crackers Vegetable of the Day Chilled Cupped Fruit Milk	Double Stuffed Crust Pizza Vegetable of the Day Fresh Fruit Milk
12	13	14	15	16
Columbus Day No Service	No School No Service	Chicken Tenders Vegetable of the Day Raisins/Cranberries Milk	Turkey & Cheese Sub Sandwich Vegetable of the Day Chilled Cupped Fruit Milk	Pizza Dippers w/Marinara Sauce Vegetable of the Day Fresh Fruit Milk
19	20	21	22	23
Hot Dog on a Bun Vegetable of the Day Applesauce Cup Milk	Chicken Sandwich Vegetable of the Day Chilled Cupped Fruit Milk	Turkey Soft Nachos/Tacos Vegetable of the Day Raisins/Cranberries Milk	Chicken Nuggets Vegetable of the Day Chilled Cupped Fruit Milk	Pizza Munchable w/ Cheese & Marinara Sauce Vegetable of the Day Fresh Fruit Milk
26	27	28	29	30
Chicken Tenders Vegetable of the Day Fresh Fruit Milk	Cheeseburger on a Bun Vegetable of the Day Chilled Cupped Fruit Milk	Spicy Chicken Sandwich Vegetable of the Day Raisins/Cranberries Milk	Turkey & Cheese Sub Sandwich Vegetable of the Day Chilled Cupped Fruit Milk	Italian Meatball Sub Vegetable of the Day Fresh Fruit Milk

**FREE  
LUNCH**

**Included with Every Meal  
Fruit and Vegetable  
1% or Fat-Free Milk**

**Heat & Serve Meals**  
these meals are offered precooked and served cold with the purpose of them being heated PRIOR to consuming. Please make sure to **HEAT to a temperature of 165°F or higher**. All hot foods must be held at a temperature of 135°F or higher.

Menu changes are occasionally necessary. Notice will be given when possible. This institution is an equal opportunity employer.

**Arbor A+ Nutrition Mission  
To serve students daily:**

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

*~Arbor Management~*

**Make Choices for a Healthy Lifestyle!**



For more information or to "Ask the Dietitian", check out our website!