

October

Millburn Classroom Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Salad w/Pita Vegetable of the Day Chilled Cupped Fruit Milk	Pizza Munchable with Cheese & Marinara -V Vegetable of the Day Fresh Fruit Milk
5	6	8	9	9
"Say" Cheese Sandwich -V Vegetable of the Day Fresh Fruit Milk	Turkey & Cheese Sub Vegetable of the Day Chilled Cupped Fruit Milk	Crispy Chicken Salad Vegetable of the Day Raisins/Cranberries Milk	Turkey Ranch Roll-Up Vegetable of the Day Chilled Cupped Fruit Milk	Bean & Cheese Dip with Nacho Chips-V Vegetable of the Day Fresh Fruit Milk
12	13	14	15	16
Columbus Day No Service	No School No Service	Sun Butter & Jelly Wrap-V Vegetable of the Day Raisins/Cranberries Milk	Turkey Sandwich Vegetable of the Day Chilled Cupped Fruit Milk	Pizza Munchable with Cheese & Marinara -V Vegetable of the Day Fresh Fruit Milk
19	20	21	22	23
Cheddar Cheese Stick-V Goldfish Pretzels Hard Boiled Egg Vegetable of the Day Fresh Fruit Milk	Crispy Chicken Roll-Up Vegetable of the Day Chilled Cupped Fruit Milk	"Say" Cheese Sandwich -V Vegetable of the Day Raisins/Cranberries Milk	Chef Salad w/Whole Grain Tortilla Vegetable of the Day Chilled Cupped Fruit Milk	Turkey & Cheese Sub Vegetable of the Day Fresh Fruit Milk
26	27	28	29	30
Yogurt Pack -V Strawberry Yogurt Cheese Stick Cinnamon Roll Vegetable of the Day Fresh Fruit Milk	Sun Butter & Jelly Sandwich -V Vegetable of the Day Chilled Cupped Fruit Milk	Turkey Sandwich Vegetable of the Day Raisins/Cranberries Milk	Chicken Salad w/Pita Vegetable of the Day Chilled Cupped Fruit Milk	Pizza Munchable with Cheese & Marinara -V Vegetable of the Day Fresh Fruit Milk

**FREE
LUNCH**

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

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!