




High School Lunch Cost is \$ 4.25		Washington Township High School Lunch Menu			Mrs. Shawn Rembelinsky Food Service Manager 856-582-4010 E-mail Address: ↓	
Breakfast is served daily		November, 2014				
	1 Serving of Protein Meat or Meat Alternate 1 Serving of Grain Whole Grain Breads, Rolls, Crackers, Taco Shells, Breaded Entrée 1 Serving of Vegetable = From 1/2 Cup to 1 Cup Fresh, Cooked or Cupped 1 Serving of Fruit = From 1/2 Cup to 1 Cup Fresh, Cupped, Dried or 100% Juice 1 Serving of Dairy 8 oz of Milk Choice - Fat Free, Skim or Lactaid	Lunch Selections Available Daily Please Choose 1 Entrée, Vegetables and Fruits along with your Milk Choice Due to New Regulations a student must have a Fruit or Vegetable on their tray Five Components are offered Three Components must be chosen to qualify as a meal.	Abbreviation Keys WG - Whole Grain GF - Pepperidge Farm Whole Grain Goldfish Bread L&T - Lettuce & Tomato Cup Assorted WG Breads.... and Rolls 	13 Serving Days in November Make checks payable to WTPS - Food Services  Please include additional funds for snacks if allowing to purchase. funds for snacks if allowing Nutritional Information and Recipes are available upon request.		
				Friday 2		
		Parents - Please check to see your child's School Meal Account has a POSITIVE BALANCE				
		Should you need assistance with your balance please contact us immediately				
Monday WASHINGTON TOWNSHIP SCHOOLS SERVE BREAKFAST EVERY MORNING. PLEASE ENCOURAGE YOUR CHILDREN TO TRY OUR BREAKFAST MEALS TO START THEIR DAY IN A HEALTHY WAY Washington Township Schools Food Service Department is Available to Cater for all occasions	Tuesday AVAILABLE DAILY..... Chicken Patty (Regular or Spicy) on a Whole Grain Roll Pizza Selections Cheese Burgers on a WG Bun Italian or Turkey Hoagie Student Salads with Protein Cup	Wednesday PayFort.net Will give you access to your child's transactions with or without Internet Payment Your PIN is your student id. Go To WTPS.org and click on students link, then Lunches & Snack Link Then PayFort.net	Thursday 1			
	THIS INSTITUTIONS AN EQUAL OPPORTUNITY PROVIDER					
3	4	5	6	7		
Cheese Steak on a Torpedo Roll Lettuce & Tomato Sautéed Peppers & Onions Carrot Sticks w/Dip Mixed Fruit Cup Assorted Fresh Fruits Milk Choice	School Closed Election Day	Staff In-Service School Closed	NJEA CONVENTION SCHOOL CLOSED	NJEA CONVENTION SCHOOL CLOSED		
10	11	12	13	14		
Popcorn Chicken Rich's Rip Stick w/ Garlic Oven Baked French Fries Seasoned Carrots Chilled Peach Cup Assorted Fresh Fruits Milk Choice	NO SCHOOL VETERANS DAY	Grilled Cheese with Campbell's Tomato Soup Steamed Spinach Assorted Fresh Fruits Milk Choice	Turkey Tacos with Cheddar Cheese Sauce Tortilla Chips, Salsa Shredded Lettuce, Seasoned Corn Brown Rice Chilled Pineapple Cup Assorted Fresh Fruits Milk Choice	Rich's Whole Grain Crunchers Pizza Crunchers or Buffalo Crunchers Romaine Salad w/Lo-Fat Dressing Assorted Fresh Fruits Assorted Chilled Fruit Cups Milk Choice		
17	18	19	20	21		
Armour All Beef Hot Dog with Nachos & Cheese Sauce Romaine Salad w/Lo-Fat Dressing Orange Smiles Fresh Fruits Milk Choice	McGriddle - Egg & Cheese On Pancakes w/Syrup Red Skin Potatoes 100 % Assorted Fruit Juice Fresh Fruits Milk Choice	Whole Grain Pasta & Meat Balls Rich's Rip Stick w/ Garlic Peas & Carrots Assorted Fresh Fruits Milk Choice	Chicken Fajitas on a Soft Tortilla Peppers, Onion, Salsa L&T Cup Corn & Sour Cream Chilled Pineapple Cup Assorted Fresh Fruits Milk Choice	Big Daddy Pizza Slice Romaine Salad w/ Lo-Fat Dressing Carrot Sticks w/Ranch dip Chilled Mixed Fruit Cup Assorted Fresh Fruits Milk Choice		
24	25	26 Early Dismissal (Grs 1-12)	27	28		
Cajun Chicken Wrap Oven Baked Potatoes Steamed Spinach Fresh Assorted Fruits Milk Choice	Chicken Patty Melt on a Kaiser Mozzarella Cheese & Tomato Sauce Baby Carrots Green Bean Salad w/Chic Peas Chilled Mixed Fruit Cup Milk Choice	Mock Monte Cristo Turkey, Ham & American Cheese on Cinnamon Swirl French Toast with Syrup Hash Brown Stick Orange Smiles Milk Choice	SCHOOL CLOSED Thanksgiving Day	SCHOOL CLOSED Thanksgiving Break		