



Old Bridge Middle School

September 2019

Monday, Wednesday & Friday:

Nachos & Tacos

Stop by our Fiesta Bar and choose between nachos or tacos with a variety of toppings

Tuesday & Thursday:

Fried Rice & General Tso's Chicken with Broccoli

			5	6
			Crispy Chicken Club Sandwich with <i>Local</i> Steamed Green Beans	Breakfast for Lunch French Toast Sticks with Egg Omelet & Steamed Carrot Coins
9	10	11	12	13
Cheesy Bread Sticks With Marinara Sauce With Steamed Broccoli	Triple Dipper Tuesday Buffalo Chicken Bites, Pretzel Nuggets, French Fries Served with French Fries	Mac & Cheese (V) With Breadstick Served with Sweet Potato Fries	Chicken & Cheese Taquito with Fresh Salsa & Vegetarian Baked Beans	Chicken Nuggets With a Dinner Roll with Assortment of Sauces with Celery & Carrot Sticks & Ranch Dressing
16	17	18	19	20
Breakfast for Lunch Egg & Cheese Bagel Sandwich (V) with Sweet Potato Tots	Mediterranean Chicken Gyro with <i>Local</i> Tomato & Cucumber Salad	Philly Cheese Steak Hero With Peppers & Onions Served with Golden Corn	Open Faced Chicken & Waffles Sandwich with BBQ Baked Beans	Mozzarella Sticks With Marinara Sauce With French Fries
23	24	25	26	27
Texas Toast Grilled Cheese with Tomato Soup Broccoli Dippers	Baked Ziti With a Garlic Breadstick Served with Sweet Potato Fries	Sizzlin' Chicken Fajitas with Toppings Bar With BBQ Baked Beans	Buffalo Chicken Flatbread Served with French Fries	Popcorn Chicken Bowl With Mashed Potatoes, Corn & Gravy Golden Corn
30				
No School Fall Break 1				



ALL MEALS INCLUDE A TRIP THROUGH OUR THRIVE GARDEN BAR

Includes a variety of Salad Greens, Carrot & Celery Sticks, Corn and Bean Salads, Fresh Broccoli Plus Fresh Fruit and Fruit Cups

Locally Grown items are offered whenever seasonally available

Low Fat or Fat Free Milk included with all meals



EVERYDAY GRAB AND GO CHOICES

Sandwiches, Entrée Salads, & Fruit & Yogurt Parfaits

Don't want to wait in line? We offer a variety of healthy pre-packaged items for your convenience.



EVERYDAY GRILL CHOICES

Monday: Crispy Chicken Sandwich
Tuesday: Hot Dogs
Wednesday: Spicy Chicken Sandwich
Thursday: Bacon Cheeseburger
Friday: Meatball Parmigiana Sub

All sandwiches served on white buns



EVERYDAY PIZZA CHOICES

Cheese, Pepperoni, Veggie, Daily Specialty Pizzas

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts

We participate in Meatless Monday's and offer a variety of Vegetarian options daily (V) !

We are proud to offer chicken products that are 100% natural, contain NO artificial ingredients and contain NO antibiotics ever!

This institution is an equal opportunity provider