

Courtyard School Menu **SEPTEMBER 2023** -Food Supervisor-Mr. Lewis D'Ippolito
 Lunches Provided by Big John's Pizza Queen, Vineland, NJ

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9:00 am	¾ oz. Cereal* ¾ Cup of Milk Banana	Waffles or French Toast 1 oz. of Syrup ¾ Cup of Milk 4oz Juicy Juice	¾ oz. Cereal Banana ¾ Cup of Milk	½ Whole Wheat Bagel 1oz Cream Cheese ¾ Cup of Milk 4oz Juicy Juice	4 oz. Yogurt ¾ Cup of Milk or 4oz Juicy Juice Banana
Snack 3:00 pm	1.5 oz Goldfish Crackers 4 oz. Applesauce or 1/2 Cup of Milk	½ cup fresh fruit ½ Cup of Milk	Whole Wheat Crackers Cheddar Cheese Slices ½ Cup of Juice	4 oz. Applesauce 1 ½ oz. Chex Mix ½ Cup of Milk	½ cup fresh fruit ½ Cup of Milk

Lunches: Served 12:00 & with milk (¾ cup) and fresh fruit (apples, oranges, bananas)

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- 7 - WG Cheese Pizza (1.5 oz cheese); Salad (1/2 Cup)
- 8 - Turkey & Cheese (1.5 oz.) on WG Bread; Veggie Sticks (1/4 cup)

- 11 – WG French Toast 1.5 oz., Pork Sausage Patty 1.5 oz.
- 12 – *Meatballs on WG bun (1.5 oz.) ; Mixed Veggies (1/4 cup)
- 13 – Chicken Patty (1.5 oz.) on WG Bun; Broccoli (1/4 cup)
- 14 – Grilled Cheese (1.5 oz.) on WG Bread; Tator Tots (1/4 cup)
- 15 – Ham & Cheese (1.5 oz) on WG Bread; Veggie Sticks (1/4) cup



- 18 - Chicken with Gravy (1.5 oz.) & Mashed potatoes (1/4 cup); 1/2 slice WG bread
- 19 – WG Macaroni and Cheese 1.5 oz.; Corn ¼ cup
- 20 – Chicken (1.5 oz.) Alfredo w WG Pasta (1 cup); Broccoli (1/4 cup)
- 21 – WG Chicken (1.5 oz) Stromboli; Salad (1/2) cup
- 22 – Chicken Quesadillas (1.5 oz); Veggie Sticks (1/4 cup)

- 25 – WG Cheese (1.5 oz.) Pizza; Veggie Sticks (1/4 Cup)
- 26 – Baked Chicken (1.5 oz.); Green Beans (1/4 cup); ½ slice WG bread
- 27 – Pasta with Meat Sauce (1.5 oz.); Mixed Veggies (1/4 cup)
- 28 - WG Chicken Nuggets (1.5 oz.); Buttered Carrots (1/4 cup); ½ slice WG bread
- 29 – Turkey & Cheese (1.5 oz.) on WG Bread; Veggie Sticks (1/4 cup)

NOTES:

Dressings for salad and veggie sticks either Italian or Ranch

*VARIETY OF CEREALS SERVED: **CHEERIOS, RICE KRISPIES, KIX, BRAN FLAKES, CORN FLAKES**

½ Cup of fruit consists of a combination of two of the following fruits. Apples, Bananas and or Orange

*This item contains pork products.

We use WHOLE GRAINS (WG)