

# Newark Schools Lunch Satellite Menu

# September 2014

### DID YOU KNOW...

- All products source contain Zero Trans Fats.
- The majority of the food sourced contain; No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative.
- All milk and chicken products are hormone and antibiotic free.
- Meats and cheeses are all lean or low fat.
- **All grain products are whole grain rich.**
- We do not serve any pork products

### LUNCH INCLUDES

1% Milk Plain  
Fat Free Plain  
Fat Free Chocolate  
Assorted Condiments

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No School	2 No School	3 No School	4 Cheese Ravioli's w/ Meat Sauce Spinach (2M/MA,1.5G,7/8V) Applesauce (1/2C)	5 Home Style Macaroni & Cheese Peas & Carrots (1.5M/MA,1.5G,1V) Fresh Pear (1/2 C)
8 Vegetarian Chili w/ Cheddar Cheese WW Bun, Green Beans (1.5M/ MA,1.75G,7/8V) Fresh Orange (1/2C)	9 Turkey Hot Dog Carrots Ketchup (2M/MA,2G,3/4V) Applesauce (1/2C)	10 Salisbury Steak w/ Gravy, WW Roll Mashed Potatoes (2M/MA,1G,3/4V) Fresh Pear (1/2C)	11 Chicken Parmesan Over Pasta Broccoli (2M/MA,2G,1V) Fresh Banana (1/2C)	12 WG Cheese Pizza Black Bean & Corn (2M/MA,2G,7/8V) Fresh Apple (1 C)
15 Beef Hamburger Sweet Potatoes (2M/MA,1.75G,3/4V) Ketchup Fresh Apple (1C)	16 Chicken & Vegetable Dumplings Peas & Carrots (1.5M/MA,1.5G,3/4V) 100% Fruit Juice (1/2C)	17 Swedish Meatballs over Penne Pasta Broccoli (1.5M/MA,1.5G,3/4V) Fresh Pear (1/2C)	18 Chicken Strips w/ Cheese & Spanish Rice Corn (2M/MA,1.5G,3/4V) Fresh Banana (1/2C)	19 WG Cheese Pizza Black Bean & Tomato (2 M/MA,2G,7/8V) Fresh Orange (1/2 C)
22 Home Style Macaroni & Cheese Peas & Carrots (1.5M/MA,1.5G,1V) Fresh Orange (1/2C)	23 WG Chicken Nuggets Tater Tots w/ Ketchup (2M/MA,1G,3/4V) Applesauce (1/2C)	24 Beef Ribque Sandwich Sweet Potatoes w/ Ketchup (2M/MA,1.75G,3/4V) Fresh Pear (1/2C)	25 WG Spaghetti & Meatballs Broccoli (1.5M/MA,1.5G,1V) Fresh Banana (1/2C)	26 WG Cheese Pizza Black Bean & Corn (2M/MA,2G,7/8V) Fresh Apple (1 C)
29 Tex Mex w/ Cheese WG Corn Chips Carrots (1.5M/MA,1.25G,3/4V) Fresh Apple (1C)	30 BBQ Meatballs w/ Cheese & WW Bun Broccoli (1.5M/MA,1.75G,3/4V) Fresh Orange (1/2C)			