



2020-2021

Metuchen Middle & High Schools

FISH-SAFE MENU Only with documented allergy

**FISH-FREE
STUDENTS MUST
ORDER FROM THIS
MENU ONLY**

AVAILABLE DAILY

- 1F** Chicken Tenders with a Dinner Roll
- 2F** Macaroni & Cheese
- 3F** Sabrett All-Beef Hot Dog on a Bun
- 4F** Cheeseburger on a Bun
- 5F** Black Bean Burger on a Bun
- 6F** Grilled Chicken Sandwich
- 7F** Thumann's Turkey & Cheese Sandwich **(FF)**
- 8F** Thumann's Ham & Cheese Sandwich **(FF)**
- 9F** Bagel Bag with Yogurt & String Cheese
- 10F** Garden Salad with Cucumbers, Tomatoes, Carrots, Cheddar Cheese & Light Italian or Ranch Dressing

A Complete Lunch Includes:
 Entrée (with Protein/Grain)
Fruit/Vegetable
 Choice of Milk

Important consideration when deciding to participate in Fish-Safe school lunch offerings:

Pomptonian's staff prepares and cooks a wide variety of meals and does not have separate equipment and space for fish-safe (FS) meal preparation. To minimize the chance for cross-contamination, the FS items that are available for pre-order, are prepared by trained staff with, as per the manufacturer's label, fish-safe ingredients.

*Cut at this line and keep the above menu portion for your reference.
 Please submit lunch forms promptly. Late submissions may not be properly recorded.*

"This institution is an equal opportunity provider."

Please use the number codes listed above to indicate your selections *for the day or week* on the order form below and return it by 8 AM to the Food Service Director. Orders can also be placed by emailing Pat Baxter, Food Service Director, at PBaxter@MetBOE.k12.nj.us or calling 732-321-8760 X7. Contact the Food Service Director at 732-321-8760 X7 with any questions or between 8:00 & 8:30 a.m. for cancellations.

STUDENT'S NAME _____
First & Last

STUDENT ID _____ E-MAIL _____

MON	TUE	WED	THU	FRI

LUNCH PRICE	FEATURED FAVORITE LUNCH PRICE	REDUCED PRICE LUNCH
\$3.00	\$3.75	\$.00

NOTE TO FREE LUNCH RECIPIENTS: If you plan to participate in the lunch program, you **must** fill out and return this form.

FS