



Galloway Township Middle School

February 2024



BREAKFAST PROVIDED AT NO CHARGE TO ALL STUDENTS!

Monday
WG Cereal Bowl (22-26g)

Tuesday
Assorted Fruit (36-40g)

Wednesday
WG Cereal Bowl (22-26g)

Thursday
WG Assorted Muffins (31-33g)

Friday
WG PopTart (38g)

Served with White Skim Milk (13g); Choice of Assorted Fruit Juice (14g)

On the Menu for Lunch: (Cost: Paid - \$3.75, Reduced - No Charge)

NEW! Find the Nutritional Facts for all our items at www.gtps.k12.nj.us/foodservice/nutrition.htm

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Alternative Menu Choices <i>(when availability allows):</i> Assorted Salads PB&J w/ Cheese Stick (32g) Yogurt w/ Graham Crackers (34g)			1 Chicken Tenders w/ WG Roll (35g) Turkey & Cheese SW (25g) Baked Beans (33g) 100% Fruit Juice (14g)	2 Cheese Pizza (27g) Ham & Cheese SW (25g) Garden Salad (5g) Apples (12g)
5 French Toast w/ Sausage (25g) Tuna Sandwich (19g) Carrots (7g) Mixed Fruit (15g)	6 Meatball Sub on W/G Roll (31g) Turkey & Cheese SW (25g) Smiley Fries (20g) 100% Fruit Juice (14g)	7 Mini Corn Dogs (23g) Italian Hoagie (25g) Corn (21g) Assorted Fruit	8 Nachos Grande (27g) Turkey & Cheese SW (25g) Baked Beans (33g) 100% Fruit Juice (14g)	9 Cheese Dunkers (16g) Ham & Cheese SW (25g) Garden Salad (5g) Apples (12g)
12 Mini Waffles w/ Sausage (41g) Tuna Sandwich (19g) Carrots (7g) Mixed Fruit (15g)	13 Mac & Cheese (23g) Turkey & Cheese SW (25g) Smile Fries (20g) 100% Fruit Juice (14g)	14 Hot Dog on W/G Bun (23g) w/ Dinner Roll (35g) Italian Hoagie (25g) Broccoli (8g) Assorted Fruit	15 Chicken Nuggets w/ Dinner Roll (35g) Turkey & Cheese SW (25g) Baked Beans (33g) 100% Fruit Juice (14g) <u>HALF DAY</u>	16 Cheese Pizza (27g) Ham & Cheese SW (25g) Garden Salad (5g) Apples (12g) Cheese Pizza (27g) <u>HALF DAY</u>
19 <u>NO SCHOOL PRESIDENTS DAY</u>	20 Chicken Patty WG/Bun (41g) Turkey & Cheese SW (25g) Smiley Fries (20g) 100% Fruit Juice (14g)	21 Breaded Mozzarella Sticks w/ Marinara Sauce (21g) Italian Hoagie (25g) Smile fries (20g) Assorted Fruit	22 Cheeseburger WG Bun (36g) Turkey & Cheese SW (25g) Baked Beans (33g) 100% Fruit Juice (14g)	23 Cheese Crunchers (41g) Ham & Cheese SW (25g) Garden Salad (5g) Apples (12g)
26 Mini Pancakes w/ Sausage (41g) Tuna Sandwich (19g) Carrots (7g) Mixed Fruit (15g)	27 Chicken Nuggets w/ WG Roll (35g) Turkey & Cheese SW (25g) Smile Fries (20g) 100% Fruit Juice (14g)	28 Garlic Breadsticks w/ Marinara Sauce (29g) Italian Hoagie (25g) Broccoli (8g) Assorted Fruit	29 Chicken Tenders W/G Roll (35g) Turkey & Cheese SW (25g) Baked Beans (33g) 100% Fruit Juice (14g)	(CARB COUNT) *CONTAINS PORK <u>Daily Milk Choices</u> 1% White Milk (13g) Skim White Milk (13g) Fat Free Chocolate (22g)

Available Daily: Fresh Fruit Basket, Veggie Dippers, & assorted skim milk. Students must have a fruit or vegetable on their lunch tray!

Account balance info is available by calling the cafeteria of your child's school, or via School Café: [CLICK HERE for School Cafe](#)

Negative balance policy: If \$25 or more is owed, students will not be allowed to purchase a la carte items (i.e. water, milk, snacks, etc.)

Questions? Contact Lauren Murray, Food Service Director: 609-748-1250, ext. 5046 or 5047

We Are Hiring Substitutes! Apply at the BOE office. This institution is an equal opportunity provider and employer.