

Galloway Township Public Schools

January 2024

Arthur Rann Elementary | Reeds Road Elementary | Roland Rogers Elementary | Smithville Elementary

BREAKFAST PROVIDED AT NO CHARGE TO ALL STUDENTS!

Monday WG Cereal Bowl (22-26g)

Tuesday Assorted Frudels (36-40g) Wednesday

Thursday WG Cereal Bowl (22-26g) 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 - \$3.50; 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>
1 New Year Day SCHOOL CLOSED	2 Chicken Tenders w/ WG Roll (35g) Turkey & Cheese SW (25g) Smile Fries (20g) 100% Fruit Juice (14g)	3 Breaded Mozzarella Sticks w/ Marinara Sauce (21g) Italian Hoagie (25g) Broccoli (8g) Assorted Fruit	4 Chicken Nuggets w/ Dinner Roll (35g) Turkey & Cheese SW (25g) Baked Beans (33g) 100% Fruit Juice (14g)	5 Cheese Dunkers (16g) Ham & Cheese SW (25g) Garden Salad (5g) Apples (12g)
8 Mini Pancakes w/ Sausage (41g) Tuna Sandwich (19g) Carrots (7g) Mixed Fruit (15g)	9 Hot Ham & Cheese On a Pretzel Bun (33g) Turkey & Cheese SW (25g) Broccoli (8g) 100% Fruit Juice (14g)	10 Mini Corn Dogs(23g) Italian Hoagie (25g) Corn (21g) Assorted Fruit	11 Nachos Grande (27g) Turkey & Cheese SW (25g) Baked Beans (33g) 100% Fruit Juice (14g)	12 Cheese Pizza (27g) Ham & Cheese SW (25g) Garden Salad (5g) Apples (12g)
15 Martin Luther King Day SCHOOL CLOSED	16 Cheese Quesadilla (32g) Turkey & Cheese SW (25g) Smile Fries (20g) 100% Fruit Juice (14g)	17 Grilled Cheese (32g) Italian Hoagie (25g) Broccoli (8g) Assorted Fruit	18 Cheeseburger WG Bun (36g) Turkey & Cheese SW (25g) Baked Beans (33g) 100% Fruit Juice (14g)	19 Cheese Crunchers (41g) Ham & Cheese SW (25g) Garden Salad (5g) Apples (12g)
22 Mini Waffles w/ Sausage (41g) Tuna Sandwich (19g) Carrots (7g) Mixed Fruit (15g)	23 Chicken Patty On a WG Bun (41g) Turkey & Cheese SW (25g) Broccoli (8g) 100% Fruit Juice (14g)	24 Breaded Mozzarella Sticks w/ Marinara Sauce (21g) Italian Hoagie (25g) Smile Fries (20g) Assorted Fruit	25 Chicken Nuggets w/ Dinner Roll (35g) Turkey & Cheese SW (25g) Celery (5g) 100% Fruit Juice (14g)	26 Cheese Pizza (27g) Ham & Cheese SW (25g) Garden Salad (5g) Apples (12g)
29 French Toast w/ Sausage (25g) Tuna Sandwich (19g) Carrots(7g) Mixed Fruit (15g)	30 Chicken Nuggets w/ WG Roll (35g) Turkey & Cheese SW (25g) Smile Fries (20g) 100% Fruit Juice (14g)	31 Garlic Breadsticks w/ Marinara Sauce (29g) Italian Hoagie (25g) Broccoli (8g) Assorted Fruit Half Day	Alternative Menu Choices (when availability allows): Assorted Salads PB&J w/ Cheese Stick (32g) Yogurt w/ Graham Crackers (34g)	(CARB COUNT) *CONTAINS PORK Daily Milk Choices 1% White Milk (13g) Skim White Milk (13g) Fat Free Chocolate (22g)

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