



Galloway Township Middle School

January 2024



BREAKFAST PROVIDED AT NO CHARGE TO ALL STUDENTS!

Monday
WG Cereal Bowl (22-26g)

Tuesday
Assorted Frudels (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>
1 New Year's 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 Grilled Cheese (32g) Turkey & Cheese SW (25g) Smile Fries (20g) 100% Fruit Juice (14g)	17 Chicken Nuggets w/ Dinner Roll (35g) 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 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	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				
EARLY DISMISSAL DAY RE for School Cafe				

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

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.