

## Galloway Township Public School

## January 2024

## BREAKFAST PROVIDED AT NO CHARGE TO ALL STUDENTS!

Monday WG Cereal Bowl (22-26g) Tuesday

Wednesday

Thursday Assorted Frudels (36-40g) 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.qtps.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) Assorted Fruit	3 Breaded Mozzarella Sticks w/ Marinara Sauce (21g) Turkey & Cheese SW (25g) Broccoli (8g) Assorted Fruit	4 Chicken Nuggets w/ Dinner Roll (35g) Turkey & Cheese SW (25g) Baked Beans (33g) Assorted Fruit	5 Cheese Dunkers (16g) Turkey & Cheese SW (25g) Broccoli (8g) Assorted Fruit
8 Mini Pancakes w/ Cheese stick (37g) Turkey & Cheese SW (25g) Carrots (7g) Assorted Fruit	9 Hot Ham & Cheese On a Pretzel Bun (33g) Turkey & Cheese SW (25g) Broccoli (8g) Assorted Fruit	10 Mini Corn Dogs(23g) Turkey & Cheese SW (25g) Corn (21g) Assorted Fruit	11 Breaded Mozzarella Sticks w/ Marinara Sauce (21g) Turkey & Cheese SW (25g) Baked Beans (33g) Assorted Fruit	12 Cheese Pizza (27g) Turkey & Cheese SW (25g) Broccoli (8g) Assorted Fruit
15 Martin Luther King Day SCHOOL CLOSED	16 Grilled Cheese (32g) Turkey & Cheese SW (25g) Smile Fries (20g) Assorted Fruit	17 Chicken Nuggets w/ Dinner Roll (35g) Turkey & Cheese SW (25g) Broccoli (8g) Assorted Fruit	18 Cheeseburgers WG Bun (36g) Turkey & Cheese SW (25g) Baked Beans (33g) Assorted Fruit	19 Cheese Crunchers (41g) Turkey & Cheese SW (25g) Broccoli (8g) Assorted Fruit
22 Mini Waffles w/ Cheese Stick (18g) Turkey & Cheese SW (25g) Carrots (7g) Assorted Fruit	23 Chicken Patty On a WG Bun (41g) Turkey & Cheese SW (25g) Broccoli (8g) Assorted Fruit	24 Breaded Mozzarella Sticks w/ Marinara Sauce (21g) Turkey & Cheese SW (25g) Smile Fries (20g) Assorted Fruit	25 Chicken Nuggets w/ Dinner Roll (35g) Turkey & Cheese SW (25g) Celery (5g) Assorted Fruit	26 Cheese Pizza (27g) Turkey & Cheese SW (25g) Broccoli (8g) Assorted Fruit
29 French Toast w/ Cheese stick (22g) Turkey & Cheese SW (25g) Carrots(7g) Assorted Fruit	30 Chicken Nuggets w/ WG Roll (35g) Turkey & Cheese SW (25g) Smile Fries (20g) Assorted Fruit	31 Garlic Breadsticks w/ Marinara Sauce (29g) Turkey & Cheese SW (25g) Broccoli (8g) Assorted Fruit Half Day	Alternative Menu Choices (when availability allows): 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