

# CARLSTADT PUBLIC SCHOOL LUNCH MENU



Mon	Tue	Wed	Thu	Fri
Hidden Sticker Tuesdays!! Every Tuesday this Month, there will be a Stickers Hidden on the Bottom of Random Lunch Trays!!	Winners will receive A Free Ala Cart Snack Item that Day!!		1 Cheese Steak Hero Onion Rings Green Beans Deli Station Chicken Patty on a Bun Pasta of the Day	2 Pizzeria Pizza Garden Salad w/ Choice Of Dressing Deli Station Chicken Patty on a Bun Pasta of the Day 
5 Chicken Bites Seasoned Rice Carrots Deli Station Chicken Patty on a Bun Pasta of the Day 	6 Turkey Hero Cheese Fries Mixed Vegetables Deli Station Chicken Patty on a Bun Pasta of the Day	7 Macaroni & Cheese Broccoli Deli Station Chicken Patty on a Bun Pasta of the Day 	8 Boneless BBQ Ribs on a Bun Tater Tots Corn Deli Station Chicken Patty on a Bun Pasta of the Day	9 Pizzeria Pizza Baby Carrots w/ Ranch Dressing Deli Station Chicken Patty on a Bun Pasta of the Day
12 Pizza Bagels Carrots Deli Station Chicken Patty on a Bun Pasta of the Day	13 French Toast Sticks w/ Syrup Breakfast Sausage Hash Browns Deli Station Chicken Patty on a Bun Pasta of the Day	14 Ham & Cheese Hero French Fries Green Beans Deli Station Chicken Patty on a Bun Pasta of the Day	15 Chicken Rings Buttered Noodles Corn Deli Station Chicken Patty on a Bun Pasta of the Day	16 Pizzeria Pizza Garden Salad w/ Choice Of Dressing Deli Station Chicken Patty on a Bun Pasta of the Day
19 Grilled Cheese Tomato Soup Deli Station Chicken Patty on a Bun Pasta of the Day 	20 Cheeseburger or Hamburger Smiley Fries Mixed Vegetables Deli Station Chicken Patty on a Bun Pasta of the Day	21 Penne Pasta & Meatballs Garlic Bread Green Beans Marinara Deli Station Chicken Patty on a Bun Pasta of the Day	22 "Sampler Day" Chicken Sticks & Mozzarella Sticks Corn Deli Station Chicken Patty on a Bun Pasta of the Day	23 Pizzeria Pizza Carrots w/ Ranch Dressing Deli Station Chicken Patty on a Bun Pasta of the Day 
26 Hot Dogs Tater Tots Peas Deli Station Chicken Patty on a Bun Pasta of the Day	27 Nachos Grande (Taco Meat, Cheese, Salsa & Sour Cream) Corn Deli Station Chicken Patty on a Bun Pasta of the Day	28 Chicken Nuggets Buttermilk Biscuit Carrots Deli Station Chicken Patty on a Bun Pasta of the Day	29 Italian Hero (Ham, Salami Cheese), Twisty Fries Green Beans Deli Station Chicken Patty on a Bun Pasta of the Day	30 Pizzeria Pizza Garden Salad w/ Choice Of Dressing Deli Station Chicken Patty on a Bun Pasta of the Day

CPS is a member of the National School Lunch Program, governed by the New Jersey Department of Nutrition.

Every lunch offered at CSP includes the five NSLP components: Meat\Protein Alternative, Bread\Grain, Fruits, Vegetables and Milk.

**Deli Station:** Includes:

Choice of Tuna, Turkey, Ham or Grilled chicken

Choice of Wheat bread, White Bread or Bagel

Sandwiches include lettuce, tomato, cheese, low-fat mayo and/or mustard

**Garden Salad Meal:** Protein selection, Bread basket selection, fruit &/or juice, vegetable & milk

**Bagel Meal:** Plain bagel, cheese stick, fruit &/or juice, vegetable & milk

**Milk Selection:**  
**(offered every day)**  
1% white, 1% chocolate & 1% strawberry

**Bread Basket Selections:**  
**(offered every day)**

Goldfish Crackers, Cheez-It Crackers and Saltine Crackers

**Fruit Basket Selections:**  
**(offered every day)**  
Apple, Orange, Banana, Pears, grapes,



Lunch Price  
\$3.00

Reduced  
\$.40