

# BELMAR ELEMENTARY SCHOOL

## OCTOBER 2023



Student Lunch \$3.75 Adult Lunch \$4.25

**\*\*\* 5 COMPLETE LUNCH CHOICES DAILY \*\*\***

**Hot Entrees, Deli Du Jour, Bagel Lunch, PBJ or Chicken Caesar Salad**

**All Lunches Served with Fruit, Veggies, & Milk. Fresh Soup on Tuesdays & Thursdays**

### DAILY LUNCH TREATS

(Free with Purchase Student Lunch)

MONDAY

Garden Bar

TUESDAY

Fresh Soup

WEDNESDAY

Garden Bar

THURSDAY

Fresh Soup

FRIDAY

Garden Bar

### Deli Du Jour Selection

**Monday**

Ham & Cheese

**Tuesday**

Turkey

**Wednesday**

Bologna & Cheese

**Thursday**

Chicken Salad

**Friday**

Tuna Salad

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**2**

B- Sausage, Egg & Cheese  
L- Meatball Parm Hero  
Fresh Veggie  
Assorted Fruit

**3**

B- Ham, Egg & Cheese  
L- Chicken Nuggets  
Fresh Veggie  
Assorted Fruit  
Cream of Broccoli  
Soup

**4**

B- Waffles  
L- Italian Grilled Cheese  
Fresh Veggies  
Assorted Fruit  
Choice of White Or  
Chocolate Milk

**5**

B- Porkroll, Egg & Cheese  
L- Hot Roast Turkey  
Sandwich  
Fresh Veggies  
Assorted Fruit  
Spicy Chicken Rice Soup

**6**

B- French Toast Sticks  
L- Pizza by the Slice  
Fresh Veggie  
Assorted Fruit  
Cookie or Pudding

**9**

**SCHOOL  
CLOSED**

**10**

B- Ham, Egg & Cheese  
L- Poutine Carnita  
French Fries  
Fresh Veggie  
Assorted Fruit  
Chicken Noodle Soup

**11**

B- Waffles  
L- French Toast Sticks  
Sausage, Hashbrown  
Assorted Fruit  
Choice of White Or  
Chocolate Milk

**12**

B- Porkroll, Egg & Cheese  
L- Chicken Taco  
With all The Fixings  
Fresh Veggies  
Assorted Fruit  
Black Bean Soup

**13**

B- French Toast Sticks  
L- Pizza by the Slice  
Fresh Veggie  
Assorted Fruit  
Cookie or Pudding

**16**

B- Sausage, Egg & Cheese  
L- Beef Nacho's  
With All The Fixings  
Fresh Veggie  
Assorted Fruit

**17**

B- Ham, Egg & Cheese  
L- Spicy Chicken Bowl  
Over Rice  
Fresh Veggie  
Assorted Fruit  
Chicken Rice Soup

**18**

B- Waffles  
L- Pasta w/ Meat or  
Cheese Sauce, Bread  
Fresh Veggie  
Assorted Fruit

**19**

B- Porkroll, Egg & Cheese  
L- Grilled Cheese  
Fresh Veggie  
Assorted Fruit  
Tomato Soup

**20**

B- French Toast Sticks  
L- Pizza by the Slice  
Fresh Veggie  
Assorted Fruit  
Cookie or Pudding

**23**

B- Sausage, Egg & Cheese  
L- Chicken Sandwich  
Fresh Veggie  
Assorted Fruit

**24**

B- Ham, Egg & Cheese  
L- Cheesy Bread  
w/ Marinara Sauce  
Fresh Veggie  
Assorted Fruit  
Beef Barley Soup

**25**

B- Waffles  
L- Cheese Burger  
Fresh Veggie  
Assorted Fruit

**26**

B- Porkroll, Egg & Cheese  
L- Chicken Pot Pie  
Fresh Veggie  
Assorted Fruit  
Loaded Potato Soup

**27**

B- French Toast Sticks  
L- Pizza by the Slice  
Fresh Veggie  
Assorted Fruit  
Cookie or Pudding

**30**

B- Sausage Egg & Cheese  
L- Pasta w/ Meat or  
Cheese Sauce, Bread  
Fresh Veggie  
Assorted Fruit

**31**

B- Ham, Egg & Cheese  
L- Holloweenie  
Fresh Veggie  
Assorted Fruit  
Cream of Pumpkin Soup

CULINARY



CLASSICS



**Earn Extra Cash  
While the kids are  
in school!  
Cafeteria Help  
Wanted  
Call: 732-233-2398**