


The Ewing Public Schools Ewing High Lunch Menu January 2022

HAPPY NEW YEAR 2022!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY BREAKFAST MENU				
Daily Choice of Assorted Cereals w/ crackers & Cereal Bars/Granola Bars, Bagels Served with 100% Fruit Juice & milk				
DAILY LUNCH MENU				
3. Cheeseburger on Bun Bagel w/ cream cheese, cheese stick & yogurt Whole Kernel Corn Fruit	4. Fish Sticks w/ pan roll Chicken Salad Sandwich Steamed Carrots Fruit	5. Cheesesteak on Roll Ham & Cheese Sandwich❖ Baked Beans Fruit	6. Chicken Nuggets w/ dip & crackers Turkey Wrap* Celery Sticks Fruit	7. Supreme Pizza❖ Vegetable Soup Fruit
10. Cheeseburger on Bun Bagel w/ cream cheese, cheese stick & yogurt Whole Kernel Corn Fruit	Fish Sticks w/ pan roll Chicken Salad Sandwich Steamed Carrots Fruit	12. Cheesesteak on Roll Ham & Cheese Sandwich❖ Baked Beans Fruit	13. Chicken Nuggets w/ dip & crackers Turkey Wrap* Celery Sticks Fruit	14. Cheese Pizza❖ Broccoli Fruit
17. Martin Luther King Birthday No School	18. Breaded Chicken Patty Chicken Salad Sandwich Whole Kernel Corn Fruit	19. Cheeseburger on Bun Tuna Salad Sandwich Steamed Green Beans Fruit	20. Cheesesteak on a Roll Ham & Cheese Sandwich❖ Baked Beans Fruit	21. Supreme Pizza❖ Vegetable Soup Fruit
24. Fish sticks w/ pan roll Bagel w/ cream cheese, cheese stick & yogurt Steamed Carrots Fruit	25. Chicken Nuggets w/ dip & crackers Turkey Wrap* Whole Kernel Corn Fruit	26. Early Dismissal No Lunch Served	27. Early Dismissal No Lunch Served	28. Early Dismissal No Lunch Served
31. Building Meeting/Transition Day No Lunch Served				

All meals served with choice of fat free flavored or unflavored milk or 1% unflavored milk
The menu is subject to emergency change. This institution is an equal opportunity provider
* contains turkey ❖ contains pork

DAILY LUNCH ALTERNATES

Each served w/ vegetable & fruit of the day & milk

- **YOGURT LUNCH** With string cheese & soft pretzel
- **PARFAIT LUNCH** With crackers
- **HUMMUS & VEGGIE**

