



# JUNE 2019

# OAKLAND Heights Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <ul style="list-style-type: none"> <li>Pasta &amp; Meatballs w/ Garlic Toast</li> <li>Popcorn Chicken w/ Dip &amp; a Roll</li> <li>All-Natural Turkey &amp; Cheese on a Kaiser Roll</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li>Chicken Caesar Salad w/ Crispy Romaine, Shaved Parmesan Cheese, Homemade Croutons/Roll</li> <li><b>New Bento Box</b> - Smoothie Lunch - Strawberry Smoothie, Cucumber Coins, Fresh Fruit &amp; a Muffin</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>Grilled 3 Cheese Texas Toast Sandwich w/ Tomato Soup</li> <li>Popcorn Chicken w/ Dip &amp; a Roll</li> <li>All-Natural Turkey &amp; Cheese on a Kaiser Roll</li> <li>Crispy Tossed Greens w/ Grilled Chicken &amp; a Roll</li> <li>Big Daddy's Pizza</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li><b>New Bento Box</b> - Smoothie Lunch - Strawberry Smoothie, Cucumber Coins, Fresh Fruit &amp; a Muffin</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Uncle Louie's Pizza</li> <li>Popcorn Chicken w/ Dip &amp; a Roll</li> <li>All-Natural Turkey &amp; Cheese on a Kaiser Roll</li> <li>Crispy Tossed Greens w/ Grilled Chicken &amp; a Roll</li> <li>Big Daddy's Pizza</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li><b>New Bento Box</b> - Smoothie Lunch - Strawberry Smoothie, Cucumber Coins, Fresh Fruit &amp; a Muffin</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>Pepperoni &amp; Cheese Stromboli</li> <li>All-Natural Turkey &amp; Cheese on a Kaiser Roll</li> <li>Crispy Tossed Greens w/ Grilled Chicken &amp; a Roll</li> <li>Big Daddy's Pizza</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li>Breaded Chicken Fillet on a Roll w/ Tomato, Shredded Lettuce &amp; Ranch Dressing</li> <li><b>New Bento Box</b> - Smoothie Lunch - Strawberry Smoothie, Cucumber Coins, Fresh Fruit &amp; a Muffin</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>Chicken Patty on a Bun</li> <li>All-Natural Turkey &amp; Cheese on a Kaiser Roll</li> <li>Crispy Tossed Greens w/ Grilled Chicken &amp; a Roll</li> <li>Big Daddy's Pizza</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li>All White Meat Chicken Tenders w/ Dipping Sauce &amp; a Roll</li> <li><b>New Bento Box</b> - Smoothie Lunch - Strawberry Smoothie, Cucumber Coins, Fresh Fruit &amp; a Muffin</li> </ul>
<p>10</p> <ul style="list-style-type: none"> <li>Boneless Chicken Wings w/ Assorted Sauces &amp; a Roll</li> <li>Baked Macaroni &amp; Cheese</li> <li>Italian Hero</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li>Chicken Caesar Salad w/ Crispy Romaine, Shaved Parmesan Cheese, Homemade Croutons/Roll</li> <li><b>New Bento Box</b> - Turkey &amp; Cheese Wrap, Orange Wedge, &amp; Celery Sticks</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Taco Tuesday - 2 Tacos, Fiesta Rice, Lettuce &amp; Cheese</li> <li>Baked Macaroni &amp; Cheese</li> <li>Italian Hero</li> <li>Crispy Tossed Greens w/ Grilled Chicken &amp; a Roll</li> <li>Big Daddy's Pizza</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li><b>New Bento Box</b> - Turkey &amp; Cheese Wrap, Orange Wedge, &amp; Celery Sticks</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>Uncle Louie's Pizza</li> <li>Baked Macaroni &amp; Cheese</li> <li>Italian Hero</li> <li>Crispy Tossed Greens w/ Grilled Chicken &amp; a Roll</li> <li>Big Daddy's Pizza</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li><b>New Bento Box</b> - Turkey &amp; Cheese Wrap, Orange Wedge, &amp; Celery Sticks</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>Personal Pizza</li> <li>Italian Hero</li> <li>Crispy Tossed Greens w/ Grilled Chicken &amp; a Roll</li> <li>Big Daddy's Pizza</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li>Breaded Chicken Fillet on a Roll w/ Tomato, Shredded Lettuce &amp; Ranch Dressing</li> <li><b>New Bento Box</b> - Turkey &amp; Cheese Wrap, Orange Wedge, &amp; Celery Sticks</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>Asian Chicken w/ Jeweled Brown Rice &amp; a Fortune Cookie</li> <li>Italian Hero</li> <li>Crispy Tossed Greens w/ Grilled Chicken &amp; a Roll</li> <li>Big Daddy's Pizza</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li>All White Meat Chicken Tenders w/ Dipping Sauce &amp; a Roll</li> <li><b>New Bento Box</b> - Turkey &amp; Cheese Wrap, Orange Wedge, &amp; Celery Sticks</li> </ul>
<p>17</p> <ul style="list-style-type: none"> <li>Meatballs w/ Garlic Bread</li> <li>Chicken &amp; Waffles</li> <li>Ham &amp; American Cheese on a Kaiser Roll</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li>Chicken &amp; Mandarin Oranges Over Romaine Lettuce w/ Asian Dressing &amp; Crispy Noodles</li> <li><b>New Bento Box</b> - Paris Café - Assorted Fruits &amp; Cheese w/ a Croissant</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Cheeseburger Sliders on Buns w/ Emoji Potatoes</li> <li>Baked Chicken Nuggets w/ a Roll</li> <li>Ham &amp; American Cheese on a Kaiser Roll</li> <li>Crispy Tossed Greens w/ Grilled Chicken &amp; a Roll</li> <li>Big Daddy's Pizza</li> <li>Yogurt Lunch</li> <li>Bagel Lunch</li> <li><b>New Bento Box</b> - Paris Café - Assorted Fruits &amp; Cheese w/ a Croissant</li> </ul>	<p>19</p> <p>HALF DAY NO LUNCH SERVED</p>	<p>20</p> <p>HALF DAY NO LUNCH SERVED</p>	<p>21</p> <p>HALF DAY NO LUNCH SERVED</p> <p>Summer Begins ☀️</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>



**Yogurt Lunch:** 4oz. Yogurt, Cheese Stick, Pretzels, a trip to The Farm Stand & Milk.

**Bagel Lunch:** Bagel w/ Cream Cheese, Cheese Stick, a trip to The Farm Stand & Milk

**A Complete Meal Includes:**


Entrée w/ Protein/Grain

**Fresh Seasonal Fruits & Vegetables**

Choice of Hormone-Free Milk

**Lunch Price**

Traditional - \$2.80

 Village Fresh - \$4.00

**Questions?** Please contact the Food Service Director,  
Gloria Phythian at

[foodservice@oaklandschoolsnj.org](mailto:foodservice@oaklandschoolsnj.org)

201-337-3907

**Allergy Questions?** Please contact Registered Dietitian,  
Toni Bowman, RDN, at 973-870-0100 x303 or

[dietitian@pomptonian.com](mailto:dietitian@pomptonian.com)



**Unlimited Fruits & Vegetables  
from The Farm Stand are  
included with lunch.**

**Milk and Juice Order Form — K-3 ONLY**

Student Name \_\_\_\_\_ Date \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Please check choice below and return form to school with check  
payable to Oakland Board of Education

Drink Money for JUNE 15 days

Milk @ \$.65 = \$9.75      Orange Juice @ \$.85 = \$12.75

- 1% Milk       Skim Milk       Orange Juice  
 Non-Fat Chocolate Milk       Non-Fat Strawberry Milk

**COMPUTERIZED REGISTER SYSTEM AND MEAL  
PAYMENT OPTIONS:**

Prepay with cash or by check made payable to the  
Oakland Board of Education (please include your  
child's name and grade on the envelope). Prepay  
online through the Parent Portal at  
[www.oaklandschoolsnj.org](http://www.oaklandschoolsnj.org). Simply select Food  
Services and click on Online Payment. Please note  
there is a \$2.00 transaction fee for online.



**Locally Grown  
Strawberries**



**Locally Grown  
Kale**

**Have a  
great  
summer!**