



APRIL 2019

OAKLAND Heights Elementary School



MONDAY

1

- Boneless Chicken Wings w/ Assorted Sauces & a Roll
- Baked Macaroni & Cheese
- All-Natural Turkey on a Kaiser Roll
- Yogurt Lunch
- Bagel Lunch
- Chicken Caesar Salad w/ Crispy Romaine, Shaved Parmesan Cheese, Homemade Croutons/Roll
- **New Bento Box** Ham & Cheese Pinwheels w/ Grapes & Baby Carrots

TUESDAY

2

- Herb Roasted Chicken w/ Mashed Potatoes & a Roll
- Baked Macaroni & Cheese
- All-Natural Turkey on a Kaiser Roll
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- **New Bento Box** - Ham & Cheese Pinwheels w/ Grapes & Baby Carrots

WEDNESDAY

3

- Uncle Louie's Pizza
- Baked Macaroni & Cheese
- All-Natural Turkey on a Kaiser Roll
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- **New Bento Box** - Ham & Cheese Pinwheels w/ Grapes & Baby Carrots

THURSDAY

4

- French Toast Sticks w/ Sausage
- All-Natural Turkey on a Kaiser Roll
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- Breaded Chicken Fillet on a Roll w/ Tomato, Shredded Lettuce & Ranch Dressing
- **New Bento Box** - Ham & Cheese Pinwheels w/ Grapes & Baby Carrots

FRIDAY

5

- All-Natural Turkey on a Kaiser Roll
- Baked Chicken Nuggets w/ a Roll
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- All White Meat Chicken Tenders w/ Dipping Sauce & a Roll
- **New Bento Box** - Ham & Cheese Pinwheels w/ Grapes & Baby Carrots

8

9

10

11

12

Spring Break - Schools Closed

15

- Boneless Chicken Wings w/ Assorted Sauces & a Roll
- Mozzarella Sticks w/ Marinara Sauce
- Ham & Shredded Lettuce on a Kaiser Roll
- Yogurt Lunch
- Bagel Lunch
- Chicken Caesar Salad w/ Crispy Romaine, Shaved Parmesan Cheese, Homemade Croutons/Roll
- **New "Dogwood Bento Box"** - Ham, Turkey & Cheese Roll-Ups, Edamame/Corn Salad, Fresh Fruit, Pita Pocket

16

- Nachos Grande: Turkey Taco Meat, Cheese & Tortilla Chips
- Mozzarella Sticks w/ Marinara Sauce
- Ham w/ Shredded Lettuce on a Kaiser Roll
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- **New "Dogwood Bento Box"** - Ham, Turkey & Cheese Roll-Ups, Edamame/Corn Salad, Fresh Fruit, Pita Pocket

17

- Uncle Louie's Pizza
- Mozzarella Sticks w/ Marinara Sauce
- Ham w/ Shredded Lettuce on a Kaiser Roll
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- **New "Dogwood Bento Box"** - Ham, Turkey & Cheese Roll-Ups, Edamame/Corn Salad, Fresh Fruit, Pita Pocket

18

- Pancakes w/ Sausage
- Ham w/ Shredded Lettuce on a Kaiser Roll
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- Breaded Chicken Fillet on a Roll w/ Tomato, Shredded Lettuce & Ranch Dressing
- **New "Dogwood Bento Box"** - Ham, Turkey & Cheese Roll-Ups, Edamame/Corn Salad, Fresh Fruit, Pita Pocket

Good Friday

22

- Pasta & Meatballs w/ Garlic Toast
- Popcorn Chicken w/ Dip & a Roll
- All-Natural Turkey & Cheese on a Kaiser Roll
- Yogurt Lunch
- Bagel Lunch
- Chicken Caesar Salad w/ Crispy Romaine, Shaved Parmesan Cheese, Homemade Croutons/Roll
- **New Bento Box** - Smoothie Lunch - Strawberry Smoothie, Cucumber Coins, Fresh Fruit & a Muffin

23

- Grilled 3 Cheese Texas Toast Sandwich w/ Tomato Soup
- Popcorn Chicken w/ Dip & a Roll
- All-Natural Turkey & Cheese on a Kaiser Roll
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- **New Bento Box** - Smoothie Lunch - Strawberry Smoothie, Cucumber Coins, Fresh Fruit & a Muffin

24

- Uncle Louie's Pizza
- Popcorn Chicken w/ Dip & a Roll
- All-Natural Turkey & Cheese on a Kaiser Roll
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- **New Bento Box** - Smoothie Lunch - Strawberry Smoothie, Cucumber Coins, Fresh Fruit & a Muffin

25

- Pepperoni & Cheese Stromboli
- All-Natural Turkey & Cheese on a Kaiser Roll
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- Breaded Chicken Fillet on a Roll w/ Tomato, Shredded Lettuce & Ranch Dressing
- **New Bento Box** - Smoothie Lunch - Strawberry Smoothie, Cucumber Coins, Fresh Fruit & a Muffin

26

- All Beef Hot Dog on a Bun
- All-Natural Turkey & Cheese on a Kaiser Roll
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- All White Meat Chicken Tenders w/ Dipping Sauce & a Roll
- **New Bento Box** - Smoothie Lunch - Strawberry Smoothie, Cucumber Coins, Fresh Fruit & a Muffin

MONDAY

29

- French Toast Sticks w/ Sausage
- Baked Macaroni & Cheese
- Italian Hero
- Yogurt Lunch
- Bagel Lunch
- Chicken Caesar Salad w/ Crispy Romaine, Shaved Parmesan Cheese, Homemade Croutons/Roll
- **New Bento Box** – Turkey & Cheese Wrap, Orange Wedge, & Celery Sticks

TUESDAY

30

- Taco Tuesday - 2 Tacos, Fiesta Rice, Lettuce & Cheese
- Baked Macaroni & Cheese
- Italian Hero
- Crispy Tossed Greens w/ Grilled Chicken & a Roll
- Big Daddy's Pizza
- Yogurt Lunch
- Bagel Lunch
- **New Bento Box** - Turkey & Cheese Wrap, Orange Wedge, & Celery Sticks

WEDNESDAY



THURSDAY



FRIDAY

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 201-337-3907
Allergy Questions? Please contact Registered Dietitian, Toni Bowman, RDN, at 973-870-0100 x303 or 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 16 days
 Milk @ \$.65 = \$10.40 Orange Juice @ \$.85 = \$13.60
 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. Simply select Food Services and click on Online Payment. Please note there is a \$2.00 transaction fee for online.