## **Mount Laurel School District**

Hartford & Harrington Lunch Menu

## January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
					What is a Meal?
		1	2	3	You must choose at least 3 of the 5 components available for the
			Hot Dog on a Bun	French Bread Cheese	school lunch price.
			Cheese Sandwich .	Pizza Turkey & Cheese Sandwich	- Choice of Whole Grain - Choice of Protein
			No Salad	No Salad	- Choice of Vegetable - Choice of Fruit
			FEATURED VEGGIES Baked Beans	FEATURED VEGGIES French Fries	- Choice of Milk  A minimum ½ cup serving of fruit or
			Dakeu Dearis	French Files	vegetable must accompany a reimbursable lunch.
6	7	8	9	10	Choice of Vegetable
Baked Chicken	Cowboy Burger on a Bun	Soft Tacos	Potato & Cheese	French Bread Cheese Pizza	Hot vegetable, leafy salad, composed bean salad, seasonal
Buttered Noodles	Cheese Sandwich		Pierogi's	BBQ Chicken Wrap	fresh vegetables
American Hoagie		Veggie Wrap	Turkey ham & cheese Sandwich	Hummus & Veg w/pita	Choice of Fruit
Spring Mix w/cheese	Chef Salad w/egg	Caesar Salad w/beans	Taco Salad		Seasonal fresh fruits, canned fruit in light syrup, 100%
FEATURED VEGGIES Steamed Peas	FEATURED VEGGIES Tater Tots	FEATURED VEGGIES Steamed Corn	FEATURED VEGGIES Sweet Potatoes	FEATURED VEGGIES - Steamed Broccoli	fruit juice
Assorted Cold Veggies	Assorted Cold Veggies	Assorted Cold Veggies	Assorted Cold Veggies	Assorted Cold Veggies	Choice of Milk
13	14	15	76	17	1% white, fat-free chocolate, <b>Daily Alternates</b>
French Toast Sticks w/syrup	Popcorn Chicken Bowl	Turkey Corn Dog	Cheese Ravioli	French Bread Cheese Pizza	Fresh Entree Salad of the Week
Turkey Sausage Patty	Cheese Sandwich	Turkey & Cheese Sandwich	Turkey ham & Cheese Sandwich	American Hoagie	Craveables Weekly Cold Cut Sandwiches or
Buffalo Chicken Wrap Chicken Caesar Salad w/beans	Chef Salad w/egg	Spring Mix w/egg	Asian Chicken Salad	Kale Salad	Wraps
FEATURED VEGGIES Steamed Mixed Veg Assorted Cold Veggies	FEATURED VEGGIES Steamed Corn Assorted Cold Veggies	FEATURED VEGGIES French Fries Assorted Cold Veggies	FEATURED VEGGIES Steamed Italian Blend Assorted Cold Veggies	FEATURED VEGGIES Steamed Carrots Assorted Cold Veggies	
ZÓ	21	22	23	24	
CAR	Burger Bar	Orange Chicken w/rice	Chicken Nuggets w/roll	French Bread Cheese	
	BBQ Chicken Wrap	Cheese Sandwich	Italian Hoagie Sandwich	Pizza Turkey ham & Cheese	
Martin Luther King Day	Spring Mix w/egg	Santa Fe Chicken Salad	· ·	Sandwich Tuna & Tomato on Lettuce	
City	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	
designed by 🍲 freepile.com	Onion Rings Assorted Cold Veggies	Steamed California Blend Assorted Cold Veggies	Steamed Mixed Veggies Assorted Cold Veggies	Scalloped Potatoes . Assorted Cold Veggies	
27	28	29	30	31	
Chicken & Cheese		Walking Taco		French Bread Cheese	
Quesadilla Turkey ham & Cheese	Chicken Patty on a Bun	Veggie Wrap	Sloppy Joe on a Bun	Pizza Buffalo Chicken Wrap	
Sandwich Caesar Salad w/beans	Cheese Sandwich	Santa Fe Chicken Salad	American Hoagie	Chicken Caesar Salad	
	Kale Salad		Taco Salad		
FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	
Corn & Black Bean Blend Assorted Cold Veggies	Steamed Winter Blend Assorted Cold Veggies	Steamed Corn Assorted Cold Veggies	French Fries Assorted Cold Veggies	Steamed Peas Assorted Cold Veggies	0.000
Laura D'Aiuto, Food Se 856.234.1610 ext. 22014 ma1551@metzcorp.com			Student Lunch Reduced Lunch Faculty Lunch	\$2.95 \$0.00 \$3.85	NUTRI-SERVE

