

**Daily Alternates:**  
Cereal, Yogurt, Cheese  
Stick and Graham Crackers

# OCTOBER

## Breakfast Menu ARCHWAY PROGRAMS



<b>Breakfast Prices: *Menu subject to change</b> <b>Adult Breakfast: 2.50 ~ Milk/Juice: \$0.50</b> Food Service Director: <b>Melissa Genna</b> ~ <a href="mailto:Arc@nsfm.com">Arc@nsfm.com</a> ~ Phone: 856-767-5757 ext 218 <b>Milk: White, Chocolate &amp; Lactaid</b>			<b>Thursday-October 1</b> <b>French Toast</b> Sausage <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Friday-October 2</b> REMOTE LEARNING IN SESSION (Meals will be provided for those who pre-ordered)
<b>Monday-October 5</b> <b>Cocoa Puffs</b> Soft Breakfast Bar & Yogurt <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Tuesday-October 6</b> <b>Cinnamon Toast Bar</b> w/ a Cheese Stick <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Wednesday-October 7</b> <b>Omelets</b> w/ a biscuit <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Thursday-October 8</b> <b>Chocolate Chip Muffin</b> w/ Yogurt <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Friday-October 9</b> REMOTE LEARNING IN SESSION (Meals will be provided for those who pre-ordered)
<b>Monday-October 12</b> <b>SCHOOL CLOSED</b>	<b>Tuesday-October 13</b> <b>Pillsbury Pancakes</b> Turkey Bacon <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Wednesday-October 14</b> <b>Bagels</b> w/ Cream Cheese & Jelly <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Thursday-October 15</b> <b>Blueberry Muffin</b> w/ Yogurt <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Friday-October 16</b> REMOTE LEARNING IN SESSION (Meals will be provided for those who pre-ordered)
<b>Monday-October 19</b> <b>Cocoa Puffs</b> Soft Breakfast Bar <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Tuesday-October 20</b> <b>Cinnamon Toast Bar</b> w/ a Cheese Stick <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Wednesday-October 21</b> <b>Omelets</b> w/ a biscuit <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Thursday-October 22</b> <b>Chocolate Chip Muffin</b> w/ Yogurt <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Friday-October 23</b> REMOTE LEARNING IN SESSION (Meals will be provided for those who pre-ordered)
<b>Monday-October 26</b> <b>Pop Tarts</b> w/ Apple Slices <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Tuesday-October 27</b> <b>Pillsbury Pancakes</b> Turkey Bacon <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Wednesday-October 28</b> <b>Mini Bagels</b> w/ Straw. Cream Cheese <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Thursday-October 29</b> <b>Chocolate Chip Muffin</b> w/ Yogurt <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Friday-October 30</b> REMOTE LEARNING IN SESSION (Meals will be provided for those who pre-ordered)

For a 1 oz Grain you need two packs of graham crackers. A Cheese stick is also a good substitute for graham crackers if you have them from brown box or your school wants more protein on the menu.

Cheese Sticks cost \$0.30

**This institution is an equal opportunity provider.**

# OCTOBER Lunch Menu Archway



Food Service Director: Melissa Genna  
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 Phone: 856-767-5757 Ext 218

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**CHOOSE YOUR ENTRÉE**  
**BY THE LETTER:**  
**A = MAIN CHOICE**  
**B = Chicken Patty on a bun**  
**C = CEREAL/YOGURT**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Prices: Adult Lunches \$3.50 Entrée only: \$2.00</b>                      Milk: White, Chocolate &amp; Lactaid                      Juice/Milk: \$0.50* **Menu subject to change.</p>			<p><b>Thursday-October 1</b>                      Popcorn Chicken                      w/ a dinner roll  <u>Sides:</u>                      Carrot Coins                      100% Fruit Juice</p>	<p><b>Friday-October 2</b>                      REMOTE LEARNING IN SESSION                      (Meals will be provided for those who pre-ordered)</p>
<b>Monday-October 5</b>	<b>Tuesday-October 6</b>	<b>Wednesday-October 7</b>	<b>Thursday-October 8</b>	<b>Friday-October 9</b>
<p><b>Fish Sticks</b>                      w/ Potato Wedges  <u>Sides:</u>                      Cole Slaw                      Fresh or Cupped Fruit</p>	<p><b>Fish Sticks</b>                      w/ Potato Wedges  <u>Sides:</u>                      Cole Slaw                      Fresh or Cupped Fruit</p>	<p><b>Chicken Salad Wrap</b>                      with chips  <u>Sides:</u>                      Hot or Cold "Other" Veggie                      Fresh or Cupped Fruit</p>	<p><b>Chicken Salad Wrap</b>                      with chips  <u>Sides:</u>                      Hot or Cold "Other" Veggie                      Fresh or Cupped Fruit</p>	<p>REMOTE LEARNING IN SESSION                      (Meals will be provided for those who pre-ordered)</p>
<b>Monday-October 12</b>	<b>Tuesday-October 13</b>	<b>Wednesday-October 14</b>	<b>Thursday-October 15</b>	<b>Friday-October 16</b>
<p><b>SCHOOL CLOSED</b></p>	<p><b>Bacon Cheeseburger</b>                      on a bun  <u>Sides:</u>                      Baked Beans                      Fresh or Cupped Fruit</p>	<p><b>Double Hot Dogs</b>  <u>Sides:</u>                      Potato Salad                      Fresh or Cupped Fruit</p>	<p><b>Double Hot Dogs</b>  <u>Sides:</u>                      Potato Salad                      Fresh or Cupped Fruit</p>	<p>REMOTE LEARNING IN SESSION                      (Meals will be provided for those who pre-ordered)</p>
<b>Monday-October 19</b>	<b>Tuesday-October 20</b>	<b>Wednesday-October 21</b>	<b>Thursday-October 22</b>	<b>Friday-October 23</b>
<p><b>PB &amp; J</b>  <u>Sides:</u>                      Carrots w/ Ranch                      Fresh or Cupped Fruit</p>	<p><b>PB &amp; J</b>  <u>Sides:</u>                      Carrots w/ Ranch                      Fresh or Cupped Fruit</p>	<p><b>Chicken Quesadillas</b>  <u>Sides:</u>                      Corn                      Fresh or Cupped Fruit</p>	<p><b>Chicken Quesadillas</b>  <u>Sides:</u>                      Corn                      Fresh or Cupped Fruit</p>	<p>REMOTE LEARNING IN SESSION                      (Meals will be provided for those who pre-ordered)</p>
<b>Monday-October 26</b>	<b>Tuesday-October 27</b>	<b>Wednesday-October 28</b>	<b>Thursday-October 29</b>	<b>Friday-October 30</b>
<p><b>BBQ Rib Patty on a bun</b>  <u>Sides:</u>                      Carrots w/ Ranch                      Fresh or Cupped Fruit</p>	<p><b>BBQ Rib Patty on a bun</b>  <u>Sides:</u>                      Carrots w/ Ranch                      Fresh or Cupped Fruit</p>	<p><b>Teriyaki Beef &amp; Broccoli</b>                      over rice  <u>Sides:</u>                      Broccoli                      Fresh or Cupped Fruit</p>	<p><b>Teriyaki Beef &amp; Broccoli</b>                      over rice  <u>Sides:</u>                      Broccoli                      Fresh or Cupped Fruit</p>	<p>This menu reflects IN-SCHOOL meals.                      Remote menu is subject to availability.</p>