



MANASQUAN HIGH SCHOOL

September 2022

Student Lunch \$4.00 Adult Lunch \$4.50

***** 5 COMPLETE LUNCH CHOICES DAILY *****



Hot Entrees, Plain Pizza, Deli Du Jour, PBJ or Chicken Caesar Salad

All Lunches Served with Veggies, Fruit, Milk & Fresh Soup Daily


Gourmet Sandwiches & Salads of the Week

Fresh Fruit and Yogurt Parfaits

Burgers, Sandwiches, Pizza, Pasta, and Wraps Available GF Upon Request

Deli Du Jour Selection

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese	Chicken Salad	Turkey & Cheese	Chicken Salad	Turkey & Cheese

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Earn Extra Cash while the kids are in school! Cafeteria help wanted: Call 732-233-2398	CULINARY  CLASSICS	THE LUNCH BOX	1 Teacher In-Service No School	2 School Closed
5 LABOR DAY	6 1/2 Day Freshman Orientation	7 1/2 Day Breakfast Served	8 Chicken Nuggets Fresh Veggie Fresh Fruit Fresh Soup	9 Cheese Burger Fresh Veggie Fresh Fruit Fresh Soup
12 Chicken Sandwich Mashed Potatoes Fresh Fruit Fresh Soup	13 Pasta w/ Meat & Cheese Sauce Caesar Salad Fresh Fruit Fresh Soup	14 Grilled Cheese Tater Tots Fresh Fruit Fresh Soup	15 Nacho Bar With all the Fixings Fresh Fruit Fresh Soup	16 Fiesta Friday Assorted Entrees Fresh Veggie Fresh Fruit Choice of Milk
19 Beef Burrito Bar Rice Fresh Veggie Fresh Fruit Fresh Soup	20 Mac & Cheese Bar Fresh Veggie Fresh Fruit Fresh Soup	21 Chicken Sandwich Fresh Veggie Fresh Fruit Fresh Soup	22 Chicken Quesadilla Rice & Beans Fresh Fruit Fresh Soup	23 Fiesta Friday Assorted Entrees Fresh Veggie Fresh Fruit Choice of Milk
26 Chicken Nuggets Fresh Veggie Fresh Fruit Fresh Soup	27 Chicken Lo Mein Fresh Veggies Fresh Fruit Fresh Soup	28 French Toast Sticks Sausage, Hash Brown Fresh Fruit Fresh Soup	29 Italian Grilled Cheese Fresh Veggie Fresh Fruit Fresh Soup	30 Fiesta Friday Assorted Entrees Fresh Veggie, Fresh Fruit Choice of Milk