

# OCTOBER 2022

ORDER DEADLINE: Friday, September 23  
All orders MUST be placed online at <https://tccsnj.org/school-lunch/>

## LUNCH



### Teaneck Charter School Menu

Provided by North Jersey Friendship House  
(Monday - Thursday)  
Daily "alternate meal": Turkey & Cheese Sandwich  
Friday meals provided by Right Pizza



**October is National Apple Month.** Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



### MONDAY

Cheese Raviolis  
Marinara Sauce  
Mixed Vegetables  
Fruit Juice  
Milk

3

### TUESDAY

Chicken Nuggets  
Corn  
Baby Potato  
Fruit Juice  
Milk

4

### WEDNESDAY

NO MEAL

5

SCHOOL CLOSED

### THURSDAY

Pasta Alfredo with  
Chicken  
Broccoli  
Fruit Juice  
Milk

6

### FRIDAY

Pizza  
or  
Baked Ziti  
or  
Turkey Sandwich

7

Hamburger on a WW  
Bun  
Mixed Vegetables  
Sweet Potato  
Fruit Juice  
Milk

10

Chicken Teriyaki Strips  
Brown Rice &  
Vegetables  
Fruit Juice  
Milk

11

Penne Pasta  
Marinara Sauce  
Mixed Vegetables  
Fruit Juice  
Milk

12

Fish Sticks  
California Vegetables  
Fruit Cup  
Milk

13

Pizza  
or  
Baked Ziti  
or  
Turkey Sandwich

14

Meatloaf with Gravy  
California Vegetables  
Mash Poatato  
Fruit Juice  
Milk

17

Lasagna Roll Up  
Mixed Vegetables  
Fruit Cup  
Milk

18

NO MEAL

19

HALF DAY

BBQ Chicken  
Cauliflower  
Sweet Potato  
Fruit Juice  
Milk

20

Pizza  
or  
Baked Ziti  
or  
Turkey Sandwich

21

Chicken Nuggets  
Mac & Cheese  
Carrots  
Fruit Juice  
Milk

24

Beef Hard Shell Taco  
Seasoned Corn  
Fruit Juice  
Milk

25

Turkey & Cheese on a roll  
Potato Salad  
Fruit Cup  
Milk

26

Baked Ziti  
Mixed Vegetables  
Fruit Juice  
Milk

27

Pizza  
or  
Baked Ziti  
or  
Turkey Sandwich

28

Grilled Cheese  
French Fries  
Mixed Vegetables  
Fruit Juice  
Milk

31

