



# 2020-2021

## Rahway Middle & High Schools

**FISH-SAFE MENU** Only with documented allergy

**FISH-FREE  
STUDENTS MUST  
ORDER FROM THIS  
MENU ONLY**

**AVAILABLE DAILY**

- 1F** Chicken Tenders with a Dinner Roll
- 2F** Macaroni & Cheese
- 3F** Sabrett All-Beef Hot Dog on a Bun
- 4F** Cheeseburger on a Bun
- 5F** Black Bean Burger on a Bun
- 6F** Grilled Chicken Sandwich
- 7F** Turkey & Cheese on a Kaiser Roll
- 8F** Ham & Cheese on a Kaiser Roll
- 9F** Bagel Bag with Yogurt & String Cheese
- 10F** Garden Salad with Cucumbers, Tomatoes, Carrots, Cheddar Cheese & Light Italian or Ranch Dressing

**A Complete Lunch Includes:**  
Entrée (with Protein/Grain)  
**Fruit/Vegetable**  
Choice of Milk

**Important consideration when deciding to participate in Fish-Safe school lunch offerings:**

Pomptonian's staff prepares and cooks a wide variety of meals and does not have separate equipment and space for fish-safe (FS) meal preparation. To minimize the chance for cross-contamination, the FS items that are available for pre-order, are prepared by trained staff with, as per the manufacturer's label, fish-safe ingredients.

**Cut at this line and keep the above menu portion for your reference.**  
Please submit lunch forms promptly. Late submissions may not be properly recorded.

"This institution is an equal opportunity provider."

Please use the number codes listed above to indicate your selection *for the day or week* on the order form below and return it by 8 AM to the Food Service Director. Orders can also be placed by e-mailing [njean@rahway.net](mailto:njean@rahway.net). Contact your Food Service Director at 732-396-1025 with any questions or between 8:00 & 8:30 for cancellations.

MON	TUE	WED	THU	FRI

STUDENT'S NAME \_\_\_\_\_  
First & Last

STUDENT ID \_\_\_\_\_ E-MAIL \_\_\_\_\_

MS & HS LUNCH PRICE	REDUCED PRICE
<b>\$3.00</b>	<b>\$.00</b>

**NOTE TO FREE LUNCH RECIPIENTS:** If you plan to participate in the lunch program, you **must** fill out and return this form.