

# wake up!

to  
**School Breakfast**

## Belleville RISE and Shine Breakfast Menu

\*Breakfast is complimentary to all K-8 Belleville Students\*

\*\*Access your child's meal account online by going to [www.payschoolscentral.com](http://www.payschoolscentral.com)\*\*

Monday	Tuesday	Wednesday	Thursday	Friday
		2 <b>Apple Cinnamon Cheerios</b> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>	3 <b>Bagel with Cream Cheese</b> <i>Whole Fresh Fruit</i> <i>100% Fruit Juice</i> <i>Choice of Milk</i>	4 <b>Fruity Cheerios</b> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>
7 <b>Cheerios</b> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>	8 <b>Apple Cinnamon Muffin</b> <i>Cinnamon Goldfish</i> <i>Whole Fresh Fruit</i> <i>100% Fruit Juice</i> <i>Choice of Milk</i>	9 <b>Cinnamon Toast Cereal</b> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>	10 <b>Bagel with Cream Cheese</b> <i>Whole Fresh Fruit</i> <i>100% Fruit Juice</i> <i>Choice of Milk</i>	11 <b>Apple Cinnamon Cereal Bar</b> <i>Cinnamon Goldfish</i> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>
14 <b>Golden Graham Cereal</b> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>	15 <b>Banana Muffin</b> <i>Cinnamon Goldfish</i> <i>Whole Fresh Fruit</i> <i>100% Fruit Juice</i> <i>Choice of Milk</i>	16 <b>Rice Krispies</b> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>	17 <b>Bagel with Cream Cheese</b> <i>Whole Fresh Fruit</i> <i>100% Fruit Juice</i> <i>Choice of Milk</i>	18 <b>Cinnamon Toast Cereal Bar</b> <i>Cinnamon Goldfish</i> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>
21 	22 <b>Corn Chex</b> <i>Whole Fresh Fruit</i> <i>100% Fruit Juice</i> <i>Choice of Milk</i>	23 <b>Blueberry Muffin</b> <i>Cinnamon Goldfish</i> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>	24 <b>Bagel with Cream Cheese</b> <i>Whole Fresh Fruit</i> <i>100% Fruit Juice</i> <i>Choice of Milk</i>	25 <b>Vanilla Yogurt</b> <i>Cinnamon Goldfish</i> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>
28 <b>Apple Cinnamon Cheerios</b> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>	29 <b>Apple Cinnamon Muffin</b> <i>Cinnamon Goldfish</i> <i>Whole Fresh Fruit</i> <i>100% Fruit Juice</i> <i>Choice of Milk</i>	30 <b>Cinnamon Toast Cereal</b> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>	31 <b>Bagel with Cream Cheese</b> <i>Whole Fresh Fruit</i> <i>100% Fruit Juice</i> <i>Choice of Milk</i>	1-Feb <b>Golden Graham Cereal Bar</b> <i>Cinnamon Goldfish</i> <i>Whole Fresh Fruit</i> <i>Choice of Milk</i>

USDA is an equal opportunity employer and provider

\* Menu is subject to change

A full student breakfast includes choice of entrée supplying grain and/or protein, 1/2 cup of fruit and choice of milk.

Any Questions Call: Meaghan Harlan, Director of Dining Services @ 973-450-3500 ext.1623  
meaghan.harlan@belleville.k12.nj.us

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## Belleville Elementary January Lunch Menu

Lunch \$3.10 Reduced \$0.40

\*\*Access your child's meal account online by going to [www.payschoolscentral.com](http://www.payschoolscentral.com)\*\*

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Chicken Nuggets</b> <i>Pretzel Bites</i> <i>Cheese Sauce</i> <i>Potato Wedges</i> <i>Fruit Cocktail</i> <i>Choice of Milk</i>	<b>Italian Meatball Sub</b> <i>Seasoned Spinach</i> <i>Mandarin Oranges</i> <i>Choice of Milk</i>	<b>Cheesy Pizza</b> <i>Spring Mix Side Salad</i> <i>Cinnamon Applesauce</i> <i>Choice of Milk</i>
<b>Beef Hot Dog</b> <i>Roasted Carrot Fries</i> <i>Chilled Pears</i> <i>Choice of Milk</i>	<b>Taco Tuesday</b> <i>Fiesta Brown Rice</i> <i>Seasoned Black Beans</i> <i>Lettuce &amp; Tomato</i> <i>Pineapple Cubes</i> <i>Choice of Milk</i>	<b>Cheese Stuffed Breadsticks</b> <i>Marinara Sauce</i> <i>Seasoned Broccoli</i> <i>Fruit Cocktail</i> <i>Choice of Milk</i>	<b>Popcorn Chicken Bowl</b> <i>Mashed Potatoes &amp; Gravy</i> <i>Seasoned Corn; Dinner Roll</i> <i>Mandarin Oranges</i> <i>Choice of Milk</i>	<b>Cheesy Pizza</b> <i>Broccoli Ranch Side Salad</i> <i>Cinnamon Applesauce</i> <i>Choice of Milk</i>
<b>Cheeseburger</b> <i>Seasoned Broccoli</i> <i>Chilled Pears</i> <i>Choice of Milk</i>	<b>Cheese Quesadilla</b> <i>Brown Rice</i> <i>Spicy Garbanzo Beans</i> <i>Fruit Cocktail</i> <i>Choice of Milk</i>	<b>French Toast Sticks</b> <i>Turkey Sausage</i> <i>Tator Tots</i> <i>Mandarin Oranges</i> <i>Choice of Milk</i>	<b>Baked Mozzarella Sticks</b> <i>Marinara Sauce</i> <i>Chilled Peaches</i> <i>Choice of Milk</i>	<b>Cheesy Pizza</b> <i>Fresh Carrot Sticks</i> <i>Sliced Apples</i> <i>Choice of Milk</i>
	<b>Toasted Cheese Sandwich</b> <i>Tomato Soup</i> <i>Pineapple Cubes</i> <i>Choice of Milk</i>	<b>Chicken Nuggets</b> <i>Pretzel Bites</i> <i>Cheese Sauce</i> <i>Crinkle Cut Fries</i> <i>Cinnamon Apple Sauce</i> <i>Choice of Milk</i>	<b>Cheesy Baked Pasta</b> <i>Seasoned Spinach</i> <i>Breadstick</i> <i>Chilled Pears</i> <i>Choice of Milk</i>	<b>Cheesy Pizza</b> <i>Spring Mix Side Salad</i> <i>Chilled Peaches</i> <i>Choice of Milk</i>
<b>Classic Chicken Sandwich</b> <i>Sweet Potato Tots</i> <i>Chilled Pears</i> <i>Choice of Milk</i>	<b>Turkey Macho Nachos</b> <i>Mexicali Corn</i> <i>Seasoned Black Beans</i> <i>Shredded Cheese/Salsa</i> <i>Pineapple Cubes</i> <i>Choice of Milk</i>	<b>Whole Grain Waffles</b> <i>Pork Sausage Patty</i> <i>Smile Potatoes</i> <i>Fruit Cocktail</i> <i>Choice of Milk</i>	<b>Macaroni &amp; Cheese</b> <i>Roasted Broccoli</i> <i>Mandarin Oranges</i> <i>Choice of Milk</i>	<b>Cheesy Pizza</b> <i>Broccoli Ranch Side Salad</i> <i>Cinnamon Applesauce</i> <i>Choice of Milk</i>
Snack Item for sale during lunch service. Students can pay using either money applied to their account or in the form of cash. Bottled Water \$1.25 Fruit Snacks \$0.75 Cookie \$0.50 Chips \$1.00				
<b>Turkey &amp; Cheese Sub</b> <b>Yogurt &amp; Graham Cracker Fun Lunch</b>	<b>Chicken Caesar Salad</b> <b>Cereal Fun Lunch</b>	<b>Tuna Salad Sub</b> <b>Nacho Fun Lunch</b>	<b>Berry Parfait with Granola</b> <b>Cereal Fun Lunch</b>	<b>Ham &amp; Turkey Chef Salad</b> <b>Bagel and Egg Fun Lunch</b>
<i>Assorted fresh fruit and vegetables offered daily with all meals.</i>				