



Farmingdale School District

Howitt Middle School Menu

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Remote Learning Day Meals available at any school building from 9am-1pm.	5 WG Breaded Chicken Bites Green Beans Fruit & Milk Choice	6 Hamburger on WG Bun Baked French Fries Fruit & Milk	7 *Homemade Cookies* Homemade Grilled Cheese Crunchy Carrots Fruit & Milk	8 Pizza Friday! Green Salad Fruit & Milk
11 Chicken & Cheese Quesadilla Baked Broccoli Fruit & Milk	12 BRUNCH FOR LUNCH! French Toast Turkey Canadian Bacon Crispy Tater Tots Fruit & Milk	13 WG Chicken Sandwich Baked French Fries Fruit & Milk	14 *Homemade Cookies* Daler Nachos Baked! Scoops, Zesty Beef, Nacho Cheese Vegetarian Beans/Salsa Cup Fruit & Milk Choice	15 Pizza Friday! Green Beans Fruit & Milk
18 Martin Luther King, Jr. Day Schools Closed	19 WG Breaded Chicken Bites Green Beans Fruit & Milk Choice	20 Hamburger on WG Bun Baked French Fries Fruit & Milk	21 *Homemade Cookies* Macaroni & Cheese Crunchy Carrots Fruit & Milk	22 Pizza Friday! Green Salad Fruit & Milk
25 Pizza Crunchers Baked Broccoli Fruit & Milk	26 *Homemade Cookies* Daler Nachos Baked! Scoops, Zesty Beef, Nacho Cheese Vegetarian Beans/Salsa Cup Fruit & Milk Choice	27 WG Chicken Sandwich Baked French Fries Fruit & Milk	28 BRUNCH FOR LUNCH! French Toast Turkey Canadian Bacon Crispy Tater Tots Fruit & Milk	29 Pizza Friday! Green Beans Fruit & Milk
Farmingdale students can eat breakfast and lunch for FREE!		Menu is subject to change due to product availability and quality on delivery		

Grab and Go Breakfast
Served daily upon entry into the building

All meals consist of 5 components:
 Meat or Vegetarian Alternative, Grain, Vegetable, Fruit and Milk

Participating students must choose a minimum of 3 out of 5 components (one must be a fruit or vegetable) for the meal to be priced as a lunch but are encouraged to choose all 5.