



December 2022

East Moriches Middle School

Lunch Menu

Available Daily:

- Turkey & Cheese on WG Kaiser Roll
- Ham & Cheese on WG Kaiser Roll (P)
- WG Bagel & RF String Cheese
- LF Yogurt Parfait
- Rotating Salad Meal
- Fat Free Chocolate Milk, Fat Free White Milk, or 1% White Milk
- 6 Oz 100% Orange Juice, Apple Juice, Tropical Punch

All Lunches Must Include Choice of: Fruits and/or Vegetable
And May Include: 1% Low-Fat Milk
Items with a (P) may contain pork

MON	TUES	WED	THURS	FRI
Earn as they Learn! Positions in all East Moriches UFSD Visit: www.Aramark.com/careers			¹ Chicken Patty on WG Bun Fresh Broccoli with Ranch Dressing Choice of Fruit	² Cheese Pizza Buffalo Chicken Pizza Vegetarian Beans Choice of Fruit
⁵ Mozzarella Sticks with Marinara Sauce WG Breadstick Baby Carrots Choice of Fruit	⁶ Beef Taco with Salsa and Sour Cream Black Beans Choice of Fruit	⁷ Hamburger or Cheeseburger Cucumber Coins Choice of Fruit	⁸ Chicken Nachos Romaine Side Salad Choice of Fruit	⁹ Cheese Pizza Pepperoni Pizza (P) Baked Tater Tots Choice of Fruit
¹² WG Chicken Nuggets Brown Rice Baked French Fries Choice of Fruit	¹³ Mac & Cheese with WG Dinner Roll Steamed Broccoli Choice of Fruit	¹⁴ Corn Dog Vegetarian Beans Choice of Fruit	¹⁵ Chicken Tacos with Salsa and Sour Cream Red Pepper Strips Choice of Fruit	¹⁶ Cheese Pizza Chicken Parm Pizza Celery Sticks Choice of Fruit
¹⁹ Chicken Patty on WG Bun Cucumber Coins Choice of Fruit	²⁰ Hamburger or Cheeseburger Baked French Fries Choice of Fruit	²¹ WG Pancakes Chicken Sausage Grape Tomato Cup Choice of Fruit	²² WG Pasta with Meatballs and Red Sauce with WG Dinner Roll Romaine Side Salad Choice of Fruit	²³ Cheese Pizza Pepperoni Pizza (P) Vegetarian Beans Choice of Fruit
²⁶	²⁷	²⁸	²⁹	³⁰

Powering potential™



Happy Holidays



Menus are subject to change.



Limited Time Offer:
Buffalo Chicken Meatball Mac & Cheese Bowl

Lunch Meal Price:
\$3.35

aramark
STUDENT NUTRITION

This institution is an equal opportunity providers