

## ALT Food Days Menus – 2016-17

### **Bagel Day #1 – Bagels 4 U, Warren**

Bagel-Plain w/butter  
Bagel-Plain w/cream cheese  
Cup of chicken noodle soup with bagel holes  
Bagel Stick-Plain  
Bagel Stick-Cinnamon Raisin  
Side of Butter-2oz. container  
Side of Cream Cheese-2 oz. Container  
Large fruit cup

### **Bagel Day #2 – O'Bagel, Basking Ridge**

Full Size Bagel-Plain w/butter  
Full Size Bagel-Plain w/cream cheese  
Mini Bagel- Plain with Egg Salad  
Mini Bagel- Plain with Tuna Fish  
Mini bagel with Boar's Head lunch meat/lettuce/tomato  
Fresh Fruit Cup- 9 ounces

### **Cafe Agira - Warren**

Meatball parm hero with side of sauce  
Penne with butter  
Ravioli marinara  
Baked chicken fingers  
Side salad with Italian dressing on side  
Watermelon fruit cup – large  
Apple  
Banana

### **La Strada - Warren**

Grilled Cheese on whole wheat bread  
Baked Chicken Tenders – 4 pieces  
2 Garlic knots  
Pasta with meat/marinara sauce and melted mozzarella cheese  
Side Garden Salad (dressing on the side)  
Homemade Chicken/Pasta/Vegetable soup-bread on side  
Side of baby carrots

### **La Strada Pizza Day - Warren**

Plain pizza  
Chicken/broccoli stromboli with sauce on the side

### **Ling Ling – Basking Ridge**

Chicken LoMein  
Chicken and broccoli w/white rice  
Steamed pork dumplings w/ white rice  
Vegetable Fried Rice (1 pint)  
Edamame

### **Mc Donald's – Middlesex**

Apple Slices  
Hot Cakes w/ margarine and syrup  
Yogurt parfait w/fruit & granola

**Moe's - Warren**

Chicken and Cheese quesadilla  
Cheese quesadilla  
Chicken and Bean Burrito  
side of cut corn  
Salad with diced chicken – gluten free

**Nuray's Cafe - Warren**

Baked chicken strips with rice  
Creamy macaroni and cheese  
Turkish pita with tuna salad/lettuce  
Turkish pita grilled cheese  
Chicken orzo soup with turkish pita slice  
Fresh fruit cup

**Turf n Surf - Warren**

Cheeseburger  
Hamburger  
Grilled cheese  
Chicken sandwich  
Baby carrots in baggie  
Small side brown rice

**Uber Bistro – Warren**

Panko breaded chicken tenders-baked  
Grilled cheese  
Chicken teriyaki with scoop white rice  
Kid's BLT on a Martin's roll (mayo on side)  
Fruit cup small  
Applesauce small

**Warren Deli – Warren (past the town library)**

Cheesesteak and American cheese long roll  
Warm grilled chicken and cheddar cheese wrap  
Egg and cheese on English muffin  
Bacon egg cheese on English muffin  
Grilled cheese  
Turkey sandwich on whole wheat roll with lettuce/tomato/Italian dressing or mayo packets on the side  
5 oz. Fruit cup  
Apple  
Banana