

Welcome back HW Mountz Families and a warm welcome to our new families!

Our lunch program provided by Fooddays offers 4 days of lunch delivered to school. They offer hot and cold lunch options. You can order as far ahead as you can plan! New for our 23/24 school year, we can order up to 11 am the day before, for last minute changes and additions! Please check out their website and sign up to order!

Thursdays lunch is an 8th Grade fundraiser. They offer pizza from Squan Tavern and a snack pack option. Look for their flyer. You will pay the 8th grade directly.

If you have any questions, suggestions, or concerns, I am always available to help. You can email, text, call and I will help you with your lunch ordering! I'm looking forward to another great year at HW Mountz!

Go Tigers!

Jessica Rehill

Jessica Rehill

702-575-9547, cell

[jessicarehill@verizon.net](mailto:jessicarehill@verizon.net)

## H.W. MOUNTZ LUNCH PROGRAM

*PROVIDED BY: FOODDAYS*

*First day of orders is: Friday 9/8*

*Orders can be placed up to **11 am DAY BEFORE***

### MONDAY – Kitchen 35

1.	2 Beef sliders w/fries	6.50
2.	2 Cheeseburger sliders w/fries	6.50
3.	Apple Salad w/chicken (GF)	8.50
4.	Bagel w/butter	2.75
5.	Bagel w/cream cheese	2.75
6.	Chicken fingers w/ fries	6.50
7.	Chicken noodle soup	4.00
8.	Grilled cheese w/fries	6.50
9.	Hot Dog w/fries	6.50
10.	Mac & Cheese	6.50
11.	Penne w/butter sauce	6.00
12.	Penne w/marinara sauce	6.00
13.	Caesar salad	6.50
14.	Caesar salad w/chicken	8.50
15.	Turkey sandwich w/lettuce & American cheese	6.50
16.	Pork Roll & Cheese	6.50
17.	Silver dollar pancakes (syrup on side)	6.00
18.	Silver dollar pancakes w/choice of bacon, sausage patty or fruit. (syrup on side)	7.50

## TUESDAY- Tacoholics

1.	(1) Beef Taco w/chips (lettuce, cheese, sour cream, salsa on side)	7.00
2.	(1) Grilled chicken Taco w/chips (lettuce, cheese, sour cream, salsa on side)	7.00
3.	Kids Quesadilla w/chips	7.00
4.	(1) Veggie Taco w/chips (peppers, onions, lettuce, cheese, sour cream on side)	7.00
5.	(2) Chicken tenders w/chips (sour cream, ketchup on side)	7.00
6.	Buffalo grilled chicken burrito (cheese, rice, beans, sour cream) (salsa on the side)	10.00
7.	Southwest chipotle grilled chicken salad (GF) (lettuce, cheese, sour cream, salsa on side)	11.00
8.	(2) grilled chicken tacos w/chips (lettuce, cheese, sour cream, salsa on side)	10.00
9.	(2) Crispy chicken tacos w/chips (lettuce, cheese, sour cream, salsa on side)	10.00
10.	(2) Beef tacos w/chips (lettuce, cheese, sour cream, salsa on side)	10.00
11.	Grilled Chicken Burrito (cheese, rice, beans, sour cream) (salsa on side)	10.00
12.	(2) veggie tacos w/chips (lettuce, cheese, sour cream, salsa on side)	10.00

## WEDNESDAY- Kitchen 35

1.	2 Beef sliders w/fries	6.50
2.	2 Cheeseburger sliders w/fries	6.50
3.	Hot Dog w/fries	6.50
4.	Bagel w/butter	2.75
5.	Bagel w/cream cheese	2.75
6.	French Toast sticks (syrup on side)	6.00
7.	French Toast sticks with choice of: bacon, sausage, fruit	7.50
8.	Chicken noodle soup	4.00
9.	Chopped Cobb salad (GF) (mixed greens, chick peas, roasted corn, avocado, egg, bacon, grilled chicken, tomato, onion with ranch dressing)	8.50
10.	BLT Sandwich	7.50

11.	Penne w/butter sauce	6.00
12.	Chicken Parm Sandwich	7.50
13.	Spaghetti & Meatballs	7.50
14.	Chicken fingers w/fries	6.50

### **THURSDAY FUNDRAISER\* – SQUAN TAVERN PIZZA**

**Must be ordered thru the 8th grade form on school website, no longer thru Fooddays.**

### **FRIDAY – JERSEY MIKES**

Topping Choices:

1. PLAIN
2. MOUNTZ MIKES WAY: NO ONION (LETTUCE, TOMATO, OIL VINEGAR, SEASONING S&P)

ALL SANDWICHES INCLUDE A BAG OF CHIPS.  
GLUTEN-FREE BREAD, ADD 1.75 TO SANDWICH

1.	Italian Mini Sub	8.75
2.	Salami, Ham & Provolone Mini Sub	8.75
3.	Turkey & Provolone Mini Sub	8.75
4.	Ham & Provolone Mini Sub	8.75
5.	Turkey & American Mini Sub	8.75
6.	Italian Regular Sub	10.00
7.	Salami, Ham & Provolone Regular Sub	10.00
8.	Turkey & Provolone Regular Sub	10.00
9.	Ham & Provolone Regular Sub	10.00
10.	Turkey and American Regular Sub	10.00
11.	Regular Salad Bowl, (GF) Choice of: Turkey & American, Italian Meat, Turkey & Provolone, Ham & Provolone, Tuna.	10.00

FOODDAYS IS A COMPANY THAT FACILITATES LUNCH ORDERING FOR MANY SCHOOLS THROUGHOUT OUR AREA. YOU WILL NEED TO SET UP AN ACCOUNT WITH FOODDAYS TO ORDER. THEY TAKE VENMO, CREDIT CARDS, AND YOU CAN SEND THEM A CHECK TO KEEP MONEY IN YOUR ACCOUNT AS WELL. THEY CHARGE A 99 CENT FEE PER ORDER AND THAT CAN BE AVOIDED IF YOU KEEP MONEY IN YOUR FOODDAYS ACCOUNT, OR USE VENMO.