

March 2023

HS/MS Lunch

Haddonfield School District

VEGGIE PATCH: Daily raw veggie choices (Carrots, Peppers, Tomatoes, Celery, Broccoli, Cucumbers) with Ranch or Hummus Dip
FRUIT: Fresh, Cupped & 100% Fruit Juice
MILK: Skim White, Skim Chocolate, Skim Strawberry, 1% White, Lactaid

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Includes: Protein Grain Fruit Veggie Milk Choose at least 3 out of 5 components— 1 must be a fruit or veggie. You may take 2 fruits & 2 veggies! Lunch Prices Student Paid: \$4.10 Free & Reduced Status: free! Adult Lunch: \$4.60	CAFÉ CONTACT INFO: Barbara Holmes, FSD HAD@nshs.com Phone: 856-429-5851 ext 1136 *Menu subject to change	1 Pulled Pork Sandwich Sides: Sweet Corn Veggie Patch Fruit Choice	2 Chicken Cheese Steak Sandwich On Torpedo Roll Sides: Green Beans Veggie Patch Fruit Choice	3 Passariello's Pizza By the slice Sides: Side Salad Veggie Patch Fruit Choice
6 Chicken Tenders w/ Mashed Potatoes Asst. dipping cups Sides: Poppin Peas Veggie Patch Fruit Choice	7 Twin Hot Dogs Hot Dog Buns Asst. Toppings Sides: French Fries Corn/ Veggie Patch Fruit Choice	8 BBQ Chicken w/ French fries & roll Sides: Baked Beans Veggie Patch Fruit Choice	9 Baked Ziti w/meat sauce Garlic Stick Sides: Steamed Broccoli Veggie Patch Fruit Choice	10 Passariello's Pizza By the slice Sides: Side Salad Veggie Patch Fruit Choice
13 Mozzarella Sticks w/marinara dipping cup Texas Toast Sides: Steamed Spinach Veggie Patch Fruit Choice	14 French Bread Pizza Asst Toppings Sides: Sweet Corn Veggie Patch Fruit Choice	15 Beef Quesadilla w/ seasoned rice Sides: Green beans Veggie Patch Fruit Choice	16 Chicken Nuggets Roll & Fries Sides: Baked Beans Veggie Patch Fruit Choice	17 Passariello's Pizza By the slice Sides: Side Salad Veggie Patch Fruit Choice
20 Toasted Beef Ranchero Sandwich Sides: Veggie Medley Veggie Patch Fruit Choice	21 BBQ Chicken Cheese Wrap Sides: Sweet Corn Veggie Patch Fruit Choice	22 Grilled Chicken Bowl w/Mashed potatoes & Gravy Sides: Peas & Carrots Veggie Patch Fruit Choice	23 Meatball Parm Torpedo roll Sides: Steamed Broccoli Veggie Patch Fruit Choice	24 Passariello's Pizza By the slice Sides: Side Salad Veggie Patch Fruit Choice
27 French Toast Sticks Sausage Patty Hash Brown Sides: Sweet Peas Veggie Patch Fruit Choice	28 Shepherd's Pie w/ dinner roll Sides: Sweet Corn Veggie Patch Fruit Choice	29 Pizza Spaghetti Garlic Stick Sides: Green Beans Veggie Patch Fruit Choice	30 Pizza Crunchers Pasta Marinara Sides: Baked Beans Veggie Patch Fruit Choice	31 Passariello's Pizza By the slice Sides: Side Salad Veggie Patch Fruit Choice

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Bull Dawg Café

Haddonfield School District

CAFÉ CONTACT INFO:

Barbara Holmes, FSD
 HAD@nsfm.com
 Phone: 856-429-5851 ext 1136
 *Menu subject to change.
 This institution is an equal opportunity provider.

Get the best DEAL...Make it a MEAL!



Pizza Meal	Hot Sandwich Meal	Cold Sandwich Meal	Salad Meal	Werkz Bar Meal
Plain Pizza Pepperoni Pizza Buffalo chicken	Chicken Filet Sandwich Grilled Cheese Chicken Cheese Steak Cheeseburger Chicken Fingers	Chicken Filet Sandwich Grilled Cheese Chicken Cheese Steak Cheeseburger Chicken Fingers	Garden Salad egg & cheese with a Roll Chicken Caesar w/ roll Chef Salad w/ roll	Pasta Werks (M). Taco Werkz (T) Potato Bar (W) Burger Werks (T) Brunch Werks (F)

First choose your meal (**PROTEIN** and **GRAIN**). Then choose at least 1 fruit or veggie. You may take up to 2 fruits & 2 veggies! Milk is included.

Side Salad	\$ 1.75
Cookie	\$.75
Soft Pretzel	\$ 1.00
Nachos w/ Cheese	\$ 2.00
Fresh Fruit	\$ 0.50
Assorted Chips	\$.55-3.00
Yogurt Parfait	\$ 1.75
French Fries	\$ 1.75
Granola Bar	\$1.00
Wawa Coffee	\$ 1.00
Sport water bottle	\$ 1.50
Large Water	\$ 1.00
Small Water	\$.75
Snapple	\$ 3.00
Canned Drinks	\$1.50

What makes a meal?

The USDA (United States Department of Agriculture) governs school lunch. USDA defines a meal as containing a protein, grain, fruit, veggie and milk. Schools must offer all of these components but students are only required to take 3 out of 5 of these components with one being a fruit or veggie.

- Protein:** animal meats, cheese, yogurt, certain legumes.
- Grain:** breads, crackers, pasta, cereal, tortilla chips.
- Milk:** Fluid milk– must be non fat sweetened, non fat unsweetened or low fat unsweetened.
- Fruit:** whole fruit, cupped fruit or 100% fruit juice. You may take 1 or 2 servings.
- Veggie:** salad, raw veggies, cooked veggies. You may take 1 or 2 servings.