

May 2023

HS/MS Lunch

Haddonfield School District

= Vegetarian Ingredients = Gluten-Free Ingredients

CAFÉ CONTACT INFO:

Barbara Holmes, FSD
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Phone: 856-429-3960 ext. 1136

*Menu subject to change

* **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
1	2	3	4	5
French Toast, Sausage, syrup cup <u>Sides:</u> Poppin Pea's, Roasted potato Veggie Patch Fruit Choice	Chicken Nuggets Soft pretzel Roll <u>Sides:</u> Sweet Corn Veggie Patch Fruit Choice	Chicken Pizza Steak Torpedo roll <u>Sides:</u> Baked Beans Veggie Patch Fruit Choice	Mac N Cheese Bread Stick <u>Sides:</u> Green Beans Veggie Patch Fruit Choice	Passariello's Pizza By the slice <u>Sides:</u> Veggie Side Salad Veggie Patch Fruit Choice
8	9	10	11	12
Chicken & Gravy Over biscuit <u>Sides:</u> Peas & Carrots Veggie Patch Fruit Choice	Mozzarella Sticks Marinara Pasta <u>Sides:</u> Sweet Corn Veggie Patch Fruit Choice	Corn Dog Seasoned Rice <u>Sides:</u> BBQ Beans Veggie Patch Fruit Choice	BBQ Pulled Pork Kaiser Roll <u>Sides:</u> Green Beans Veggie Patch Fruit Choice	Passariello's Pizza By the slice <u>Sides:</u> Veggie Side Salad Veggie Patch Fruit Choice
15	16	17	18	19
Chicken Tenders Dinner Roll <u>Sides:</u> Steamed Spinach Veggie Patch Fruit Choice	Toasted Cheeseburger Flat bread <u>Sides:</u> Sweet Corn Veggie Patch Fruit Choice	Twin Dogs w/ French Fries <u>Sides:</u> Baked Beans Veggie Patch Fruit of the Day	Dutch Waffle Sausage Links <u>Sides:</u> Green Beans Veggie Patch Fruit Choice	Passariello's Pizza By the slice <u>Sides:</u> Veggie Side Salad Veggie Patch Fruit Choice
22	23	24	25	26
Grilled Ham & Cheese Sandwich <u>Sides:</u> Steamed Broccoli Veggie Patch Fruit Choice	French Toast Sausage Links Syrup Cup <u>Sides:</u> Sweet Corn Veggie Patch Fruit Choice	Popcorn chicken Texas Toast <u>Sides:</u> Baked Beans Veggie Patch Fruit Choice	Pizza Crunchers Soft Pretzel Rod <u>Sides:</u> Green Beans Veggie Patch Fruit Choice	Passariello's Pizza By the slice <u>Sides:</u> Veggie Side Salad Veggie Patch Fruit Choice
29	30	31	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 Premium Lunch Student: \$4.50 Adult Premium Lunch: \$5.00	
	Bacon ,egg ,cheese On a biscuit <u>Sides:</u> Sweet Corn Veggie Patch Fruit Choice	Max Sticks w/ marinara cup <u>Sides:</u> Green Beans Veggie Patch Fruit Choice		

Bull Dawg Café

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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 Werkz (M). Taco Werkz (T) Asian Werkz (W) Burger Werkz (T) Brunch Werkz (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.