

September 2023

HS/MS Lunch

Haddonfield School District

= Vegetarian Ingredients = Gluten-Free Ingredients

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
<p>CAFÉ CONTACT INFO: Barbara Holmes, FSD HAD@nsfm.com Phone: 856-429-3960 ext 1136 *Menu subject to change</p>		<p>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!</p> <p>Lunch Prices Student Paid: \$4.10 Free & Reduced Status: free! Adult Lunch: \$4.60</p>		<p>1 Featured Entree Description Alternate Menu Item 1 Alternate Menu Item 2 <u>Sides:</u> Vegetable of the Day Fruit of the Day</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7 Popcorn Chicken w/ Mashed Potato <u>Sides:</u> Green Beans Veggie Patch Fruit Choice</p>	<p>8 Passariello's Pizza By the slice Alternate Menu Item 2 <u>Sides:</u> Side Salad Veggie Patch Fruit Choice</p>
<p>11 Mozzarella Sticks Marinara Dipping Cup <u>Sides:</u> Veggie Medley Veggie Patch Fruit Choice</p>	<p>12 Oven Baked Ziti Garlic Toast <u>Sides:</u> Sweet Corn Veggie Patch Fruit Choice</p>	<p>13 Philly Cheese Steak w/peppers & Onions <u>Sides:</u> Baked Beans French fries Veggie Patch Fruit Choice</p>	<p>14 Chickey Filet w/ chickey sauce <u>Sides:</u> Peas & Carrots Veggie Patch Fruit Choice</p>	<p>15 Passariello's Pizza By the slice Alternate Menu Item 2 <u>Sides:</u> Side Salad Veggie Patch Fruit Choice</p>
<p>18 Macaroni & Cheese Bread Stick <u>Sides:</u> Poppin Peas Veggie Patch Fruit Choice</p>	<p>19 Twin Hot Dogs w/ French fries <u>Sides:</u> Sweet Corn Veggie Patch Fruit Choice</p>	<p>20 Buffalo Chicken Cheese Steak Torpedo roll <u>Sides:</u> Baked Beans Fruit Choice</p>	<p>21 French Toast Sticks w/Sausage Patty <u>Sides:</u> Green Beans Veggie Patch Fruit of the Day</p>	<p>22 Passariello's Pizza By the slice Alternate Menu Item 2 <u>Sides:</u> Side Salad Veggie Patch Fruit Choice</p>
<p>25 NO School</p>	<p>26 BBQ Pulled Pork Cheddar on roll <u>Sides:</u> Poppin Peas Veggie Patch Fruit Choice</p>	<p>27 Chicken Tenders Buttered Noodles <u>Sides:</u> Baked Beans Veggie Patch Fruit Choice</p>	<p>28 Chicken Quesadilla w/ all the fixings <u>Sides:</u> Green Beans Veggie Patch Fruit Choice</p>	<p>29 Passariello's Pizza By the slice Alternate Menu Item 2 <u>Sides:</u> Side Salad Veggie Patch Fruit Choice</p>

View your lunch account: www.schoolpaymentportal.com



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Bull Dawg Café

of Haddonfield School District

CAFÉ CONTACT INFO:

Barbara Holmes, FSD

HAD@nsfm.com

Phone: 856-429-3960 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	Chicken Sandwich Grilled Cheese Asst. Crunch Wraps Cheeseburger Chicken Tenders Egg Rolls	Turkey and Cheese American Hoagie Italian Hoagie Ham & Cheese Tuna Fish Chicken Salad	Garden Salad egg, cheese with a Roll Chef Salad w/ a roll	Pasta Werks (M) Taco Werkz (T) Asian Werkz (W) Burger Works (T) Brunch Works (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	\$ 0.85
Soft Pretzel	\$ 1.00
Nachos w/ Cheese	\$ 2.50
Fresh Fruit	\$ 0.50
Assorted Chips	\$ 0.55-3.00
Yogurt Parfait	\$ 2.00
French Fries	\$ 1.75
Granola	\$ 1.25
Wawa Coffee	\$ 1.00
Gatorade	\$ 3.00
Large Water	\$ 1.50
Small Water	\$ 1.00
Snapple	\$ 3.00
Canned Drinks	\$1.75

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.

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