

April 2024

HS/MS Lunch

Haddonfield School District

= Vegetarian Ingredients = Gluten-Free Ingredients

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 	3	4	5
8 Hot Dog w/ fixings ,French Fries <u>Sides:</u> Green Beans/ Tomatoes Fruit choice Milk Choice	9 Baked Chicken w/ tator tots <u>Sides:</u> Corn Cucumbers Fruit Choice Milk Choice	10 Meatball Parm Torpedo roll <u>Sides:</u> Baked Beans Celery Sticks Fruit Choice Milk choice	11 French Dip Torpedo Roll <u>Sides:</u> Steamed Broccoli Carrot Baggie Fruit of Choice Milk Choice	12 Passariello's Pizza <u>Sides:</u> Side Garden Salad Fruit choice Milk Choice
15 Popcorn Chicken Mashed Potatoes <u>Sides:</u> Green Beans/ Tomatoes Fruit choice Milk Choice	16 Baked Potato w/ fixings <u>Sides:</u> Corn Cucumbers Fruit Choice Milk Choice	17 Mozzarella Sticks Marinara dipping cup <u>Sides:</u> Baked Beans Celery Sticks Fruit Choice Milk choice	18 Baked Ziti w/ breadstick <u>Sides:</u> Steamed Broccoli Carrot Baggie Fruit of Choice Milk Choice	19 Passariello's Pizza <u>Sides:</u> Side Garden Salad Fruit choice Milk Choice
22 Buffalo Chickey Filet Sandwich <u>Sides:</u> Green Beans/ Tomatoes Fruit choice Milk Choice	23 Grilled Cheese w/ French Fries <u>Sides:</u> Corn Cucumbers Fruit Choice Milk Choice	24 Pizza Crunchers <u>Sides:</u> Baked Beans Celery Sticks Fruit Choice Milk choice	25 Southern Chicken w/ trimmings <u>Sides:</u> Steamed Broccoli Carrot Baggie Fruit of Choice Milk Choice	26 Passariello's Pizza <u>Sides:</u> Side Garden Salad Fruit choice Milk Choice
29 Egg & Cheese Biscuit <u>Sides:</u> Green Beans/ Tomatoes Fruit choice Milk Choice	30 Chicken Fajita Seasoned rice <u>Sides:</u> Corn Cucumbers Fruit Choice Milk Choice	<p>***** 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% *****</p>		

CAFÉ CONTACT INFO:
Barbara Holmes
FSD
HAD@nsfm.com
Phone: 856-429-3960
ext 1136
*Menu subject to change

View your lunch account: www.schoolpaymentportal.com



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Mascot Café

Haddonfield School District

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had@nsfm.com
Phone: 856-429-3960 ext 1136
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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
Nardones French Bread Pizza (Monday-Friday)	Grill Cheese Cheeseburger Chicken Nuggets w/roll (Monday, Wednesday, Friday) Chicken Patty Corn Dog (Tuesday & Thursday)	Turkey & Cheese Hoagie Italian Hoagie Chicken Salad Wrap (Monday, Wednesday, Friday) Ham & Cheese Hoagie American Hoagie	Garden Salad w/ egg & cheese w/ dinner Roll Chef Salad w/ dinner roll Chicken Caesar Salad w/ dinner roll (Monday-Friday)	Pasta Werks (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	\$ 0.75
Soft Pretzel	\$ 1.00
Nachos w/ Cheese	\$ 2.00
Fresh Fruit	\$ 0.50
Assorted Chips	\$ 0.60-1.85
Yogurt Parfait	\$ 2.00
French Fries	\$ 1.75
Ice Cream	\$ 1.00-2.50
Wawa Coffee	\$ 1.00
Gatorade	\$ 2.75
Large Water	\$ 1.50
Small Water	\$ 1.00
Snapple	\$ 2.75
Canned Drinks	\$1.85

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.