

# 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
<b>1</b> 	<b>2</b> 	<b>3</b> 	<b>4</b> 	<b>5</b> 
<b>8</b> <b>All Beef Hot Dog Bar</b> w/ fixings ,French Fries  <u>Sides:</u> Green Beans/ Tomatoes Fruit choice Milk Choice	<b>9</b> <b>Baked Chicken</b> w/ tator tots  <u>Sides:</u> Corn Cucumbers Fruit Choice Milk Choice	<b>10</b> <b>Meatball Parm</b> Torpedo roll  <u>Sides:</u> Baked Beans Celery Sticks Fruit Choice Milk choice	<b>11</b> <b>French Dip</b> Torpedo Roll  <u>Sides:</u> Steamed Broccoli Carrot Baggie Fruit of Choice Milk Choice	<b>12</b> <b>Passariello's Pizza</b>  <u>Sides:</u> Side Garden Salad Fruit choice Milk Choice
<b>15</b> <b>Popcorn Chicken</b> Mashed Potatoes  <u>Sides:</u> Green Beans/ Tomatoes Fruit choice Milk Choice	<b>16</b> <b>Baked Potato Bar</b> w/ fixings  <u>Sides:</u> Corn Cucumbers Fruit Choice Milk Choice	<b>17</b> <b>Mozzarella Sticks</b> Marinara dipping cup  <u>Sides:</u> Baked Beans Celery Sticks Fruit Choice Milk choice	<b>18</b> <b>Baked Ziti</b> w/ breadstick  <u>Sides:</u> Steamed Broccoli Carrot Baggie Fruit of Choice Milk Choice	<b>19</b> <b>Passariello's Pizza</b>  <u>Sides:</u> Side Garden Salad Fruit choice Milk Choice
<b>22</b> <b>Buffalo Chickey Filet</b> Sandwich  <u>Sides:</u> Green Beans/ Tomatoes Fruit choice Milk Choice	<b>23</b> <b>Grilled Cheese</b> <b>On Texas Toast</b> w/ French Fries  <u>Sides:</u> Corn Cucumbers Fruit Choice Milk Choice	<b>24</b> <b>Pizza Crunchers</b> Marinara dipping cup  <u>Sides:</u> Baked Beans Celery Sticks Fruit Choice Milk choice	<b>25</b> <b>Southern Chicken</b> w/ trimmings  <u>Sides:</u> Steamed Broccoli Carrot Baggie Fruit of Choice Milk Choice	<b>26</b> <b>Passariello's Pizza</b>  <u>Sides:</u> Side Garden Salad Fruit choice Milk Choice
<b>29</b> <b>Egg &amp; Cheese</b> Biscuit  <u>Sides:</u> Green Beans/ Tomatoes Fruit choice Milk Choice	<b>30</b> <b>Chicken Fajita</b> Seasoned rice  <u>Sides:</u> Corn Cucumbers Fruit Choice Milk Choice	<p>*****  <b>VEGGIE PATCH:</b> Daily raw veggie choices (Carrots, Peppers, Tomatoes, Celery, Broccoli, Cucumbers) with Ranch or Hummus Dip  <b>FRUIT:</b> Fresh, Cupped &amp; 100% Fruit Juice  <b>MILK:</b> Skim White, Skim Chocolate, Skim Strawberry, 1%            *****</p>		<p><b>CAFÉ CONTACT INFO:</b>            Barbara Holmes            FSD            HAd@nsfm.com            Phone: 856-429-3960            ext 1136  <b>*Menu subject to change</b></p>

View your lunch account: [www.schoolpaymentportal.com](http://www.schoolpaymentportal.com)

Double Click & Add your MASCOT or delete and paste!



# Mascot Café

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
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 (Tuesday & Thursday)	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.