

Monday	Tuesday	Wednesday	Thursday	Friday	<div>What is a Meal?</div> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"><li>- Choice of Whole Grain</li><li>- Choice of Protein</li><li>- Choice of Vegetable</li><li>- Choice of Fruit</li><li>- Choice of Milk</li></ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <div>Choice of Vegetable</div> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <div>Choice of Fruit</div> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <div>Choice of Milk</div> <p>1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry</p> <div>Daily Alternates</div> <p>Salad, Garden Salad, Caesar Salad Grab and Go Sandwiches Pizza Cheese Steaks, Chicken Nuggets, Cheeseburgers, Mozzarella Sticks, Pizza Crunchers, Corn Dog, Deli Bar</p>
<div>made-to-order!</div> <div>Pasta Bar Monday!!Choice of 2 pasta, marinara sauce, alfredo sauce, meatballs, chicken, broccoli, garlic toast</div>					
29	30	31	1	2	
<div>made-to-order!</div> <div>Poblano's Mex-American! Choice of soft- or hard-shell tortillas, tortilla chips, seasoned beef, chicken, pork, and nacho cheese, topped with ranch refried beans, rice, Mexicali corn, and a variety of salsas. Customizable for (V)</div>					
5  Cheeseburger Tater Tot Bowl Customizable for (V)  FEATURED VEGGIES Tater Tots Baby Carrots	6  Orange Chicken with Scallions over Fried Rice  FEATURED VEGGIES Sesame Green Beans Caesar Salad	7  Dip & Dust Wings with Garlic Knot  FEATURED VEGGIES BBQ Baked Beans Steamed Mixed Veggies	8  Dutch Waffle with Sausage Patty  FEATURED VEGGIES Sidewinder Fries Tomato Mozzarella Salad	9  Seasons Pizza Slice  FEATURED VEGGIES Side Salad Baby Carrots	
<div>made-to-order!</div> <div>Potato Bar Wednesday!! Choice of Baked Potato, French fries, mashed potatoes, cheese sauce, broccoli, beef crumbles w/ gravy, Chicken, bacon, sour cream, scallions, crispy onions</div>					
12  Fresh Dough Classic Stromboli Roll with Marinara  FEATURED VEGGIES Side Salad	13  Tenders with Mashed Potatoes, dinner roll  FEATURED VEGGIES Sweet Corn/ Mashed Potato	14  Hawaiian Pork Sandwich on Toasted Ciabatta  FEATURED VEGGIES Sweet Potato Fries Fresh Pineapple Slaw	15  Build-Your-Own Breakfast Sandwich Customizable for (V)  FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	16  Seasons Pizza Slice  FEATURED VEGGIES Side Salad Baby Carrots	
<div>made-to-order!</div> <div>Hamburger Bar Thursday!! , Choice of Roll, Cheese, lettuce, tomatoes, onions, pickles, onion rings, French fries</div>					
School Closed	20  Chicken cheese Quesadilla  FEATURED VEGGIES Steamed Golden Corn Baby Carrots	21  Smoky Beef Chili with Warm Cornbread  FEATURED VEGGIES Broccoli Fresh Cauliflower	22  Variety of Toasted Crafted Flatbreads Cheese Flatbread Quesadilla (V)  FEATURED VEGGIES Steamed Garden Peas Tomato Mozzarella Salad	23  Seasons Pizza Slice  FEATURED VEGGIES Side Salad Baby Carrots	
	<div>made-to-order!</div> <div>Mac &amp; Cheese! Noodles with choice of house-made cheese sauce. Add taco beef, pulled pork, buffalo chicken, or chili. Served with roasted lemon-parmesan broccoli, sauteed red peppers, and choice of shredded cheese. Customizable for (V)</div>				
26  Open Faced Hot Turkey Sandwich with French Fries Mozzarella Bruschetta Sandwich (V)  FEATURED VEGGIES French Fries/ Green Beans Fresh Bruschetta	27  Buffalo Chicken or Seasoned Steak over French Fries  FEATURED VEGGIES Crinkle Cut Oven Fries Tossed Salad	28  Buffalo chicken Sandwich with all the fixings  FEATURED VEGGIES Sweet Potato Fries Chickpea Salad	29  Cheese Sticks with Marinara Sauce  FEATURED VEGGIES BBQ Baked Beans Coleslaw	30  Seasons Pizza Slice  FEATURED VEGGIES Side Salad Baby Carrots	
<div>Your Team</div> <div>Barbara Holmes, Food Service Director 856-429-3960 ext.1136 had@nsfm.com</div>		<div>Meal Prices</div> <div>Student Lunch \$4.10 Reduced Lunch \$0.00 Faculty Lunch \$4.60</div>		<div></div>	
<div><div>NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz</div></div>					



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

