

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry Daily Alternates Salad, Garden Salad, Caesar Salad Grab and Go Sandwiches Pizza Cheese Steaks, Chicken Nuggets, Cheeseburgers, Mozzarella Sticks, Pizza Crunchers, Corn Dog, Deli Bar
 Pasta Bar Monday!! Choice of 2 pasta, marinara sauce, alfredo sauce, meatballs, chicken, broccoli, garlic toast					
29	30	31	1	2	
 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)					
5	6	7	8	9	
Cheeseburger Tater Tot Bowl Customizable for (V) FEATURED VEGGIES Tater Tots Baby Carrots	Orange Chicken with Scallions over Fried Rice FEATURED VEGGIES Sesame Green Beans Caesar Salad	Dip & Dust Wings with Garlic Knot FEATURED VEGGIES BBQ Baked Beans Steamed Mixed Veggies	Dutch Waffle with sausage patty FEATURED VEGGIES Sidewinder Fries Tomato Mozzarella Salad	Seasons Pizza Slice FEATURED VEGGIES Side Salad Baby Carrots	
 Deli Bar Wednesday !!! Choice of Roll, Bread, Wrap, ham, turkey, salami, capicola, American cheese, provolone cheese, lettuce, tomatoes, onions, peppers, sweet peppers, pickles,					
12	13	14	15	16	
Fresh Dough Classic Stromboli Roll with Marinara FEATURED VEGGIES Side Salad	Chicken Tenders with mashed potatoes, roll FEATURED VEGGIES Sweet Corn	Open Faced Hot Turkey Sandwich with French Fries FEATURED VEGGIES Green Beans Fresh Pineapple Slaw	Build-Your-Own Breakfast Sandwich Customizable for (V) FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	Seasons Pizza Slice FEATURED VEGGIES Side Salad Baby Carrots	
 Hamburger Bar Thursday!! , Choice of Roll, Cheese, lettuce, tomatoes, onions, pickles, onion rings, French fries					
19	20	21	22	23	
School Closed	Chicken cheese Quesadilla FEATURED VEGGIES Steamed Golden Corn Baby Carrots	Smoky Beef Chili with Warm Cornbread FEATURED VEGGIES Broccoli Fresh Cauliflower	Variety of Toasted Crafted Flatbreads Cheese Flatbread Quesadilla (V) FEATURED VEGGIES Steamed Garden Peas Tomato Mozzarella Salad	Seasons Pizza Slice FEATURED VEGGIES Side Salad Baby Carrots	
 Breakfast bar Friday!! French toast, egg patty, fried potatoes, sausage, bacon, toast, cheese sauce					
26	27	28	29	30	
Assorted Grilled cheese Sandwiches FEATURED VEGGIES Tomato Soup Green Beans	Buffalo Chicken or Seasoned Steak over French Fries FEATURED VEGGIES Crinkle Cut Oven Fries Sweet Corn	Nashville Hot Chicken Maple Flatbread FEATURED VEGGIES Sweet Potato Fries Chickpea Salad	Max Sticks with Marinara Sauce FEATURED VEGGIES Steamed Broccoli	Seasons Pizza Slice FEATURED VEGGIES Side Salad Baby Carrots	
Your Team Barbara Holmes, Food Service Director 856-429-3960 ext.1136 had@nsfm.com		Meal Prices Student Lunch \$4.10 Reduced Lunch \$0.00 Faculty Lunch \$4.60			

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

