

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
made to order! Cyclone Street Noodles! Lo mein noodles served with choice of chicken or pork, stir-fried cabbage, sautéed red pepper, veggie stir-fry, or steamed broccoli. Tossed with sweet chili, soy garlic, or orange sauce. Customizable for (V)		1	2	3	
made to order! Texas Smokehouse! Choice of dry-rubbed BBQ chicken or pork, ranch taters, zesty country green beans, BBQ baked beans, slaw, and melons. Choice of Kaiser roll or corn bread, and a variety of BBQ sauces.					
6	7	8	9	10	
Fresh Dough Classic Stromboli Roll with Marinara FEATURED VEGGIES Tomato Mozzarella Salad Fruit Choice	Chicken Tenders, Mashed Potato's, gravy biscuit FEATURED VEGGIES Sweet Corn Fruit Choice	Open Face Turkey Sandwich with Gravy FEATURED VEGGIES Sweet Potato Fries Fruit Choice	Build-Your-Own Breakfast Sandwich Customizable for (V) FEATURED VEGGIES Tri Hash Brown Fruit Choice	Seasons Pizza Slice FEATURED VEGGIES Side Garden Salad Fruit choice	
made to order! Mac & Cheese! Noodles with choice of house made cheese sauce. Add taco beef, pulled pork, buffalo chicken, or chili. Served with roasted lemon-parmesan broccoli, sautéed red peppers, and choice of shredded cheese. Customizable for (V)					
13	14	15	16	17	
Chicken Nuggets with Buttered Noodles FEATURED VEGGIES Broccoli Salad Fruit Choice	Chicken & Cheese Quesadilla FEATURED VEGGIES Steamed Golden Corn Fruit Choice	BBQ Pulled Chicken Sandwich with French Fries FEATURED VEGGIES Coleslaw Fruit Choice	Variety of Toasted Crafted Flatbreads Cheese Flatbread Quesadilla (V) FEATURED VEGGIES Steamed Garden Peas Fruit Choice	Seasons Pizza Slice FEATURED VEGGIES Side Garden Salad Fruit choice	
made to order! Shawarma! Choice of beef kofta meatballs, chicken shawarma, or falafel (V) with lemon-scented rice or pita and Fattoush salad. Offered with feta, pickled onions, diced tomato & cucumber, black olives, romaine, tzatziki sauce, or spicy harissa sauce.					
20	21	22	23	24	
Chicken Bruschetta Sandwich on Toasted Rosemary Focaccia Roll Mozzarella Bruschetta Sandwich (V) FEATURED VEGGIES Zoodles Marinara Fruit Choice	Buffalo Chicken or Seasoned Steak over French Fries FEATURED VEGGIES Crinkle Cut Oven Fries Fruit Choice	Nashville Hot Chicken Maple Flatbread FEATURED VEGGIES Sweet Potato Fries Fruit Choice	Max Cheese Sticks with dipping sauce FEATURED VEGGIES BBQ Baked Beans Fruit Choice	Seasons Pizza Slice FEATURED VEGGIES Side Garden Salad Fruit choice	
made to order! Pasta! Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)					
27	28	29	30		
General Tso's Chicken over Brown Rice FEATURED VEGGIES Steamed Broccoli Fruit Choice	Beef Enchilada Black Bean Enchilada (V) FEATURED VEGGIES French Fries Black Bean Salsa	Indian Butter Chicken with Lemon Scented Rice & Warm Flatbread Eggplant Stack Sandwich (V) FEATURED VEGGIES Cucumber & Tomato Salad Fruit Choice	Popcorn Chicken Mashed Potato bowl with roll FEATURED VEGGIES Seasoned Green Beans Fruit Choice		
Your Team Barbara Holmes, Food Service Director 856-429-3960 ext 1136 had@nsfm.com		Meal Prices Student Lunch \$4.10-\$4.60 Reduced Lunch \$0.00 Faculty Lunch \$4.60-\$5.00			

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

