

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.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry  <b>Daily Alternates</b> Salad, Garden Salad, Caesar Salad Grab and Go Sandwiches Pizza Cheese Steaks, Chicken Nuggets, Cheeseburgers, Mozzarella Sticks, Pizza Crunchers, Corn Dog, Deli Bar
<b>made to order!</b> Pasta Monday! Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)					
		1	2	3	
<b>made to order!</b> Poblano's Mex-American! Choice of soft- or hard-shell tortillas, tortilla chips, seasoned beef, chicken, pork, nacho cheese, topped with ranch refried beans, rice, Mexicali corn, and a variety of salsas. Customizable for (V)					
6	7	8	9	10	
Fresh Dough Classic Stromboli Roll with Marinara	Chicken Tenders, Mashed Potato's, gravy biscuit	Open Face Turkey Sandwich with Gravy	Build-Your-Own Breakfast Sandwich Customizable for (V)	Seasons Pizza Slice	
<b>FEATURED VEGGIES</b> Tomato Mozzarella Salad Fruit Choice	<b>FEATURED VEGGIES</b> Sweet Corn Fruit Choice	<b>FEATURED VEGGIES</b> Sweet Potato Fries Fruit Choice	<b>FEATURED VEGGIES</b> Tri Hash Brown Fruit Choice	<b>FEATURED VEGGIES</b> Side Garden Salad Fruit choice	
<b>made to order!</b> Deli Bar Wednesday!! Choice of roll, bread or wrap, choice of meat, Turkey, Ham, Salami, chicken Salad, Tuna. Lettuce, tomatoes, onions, pickles, hot paper, sweet peppers.					
13	14	15	16	17	
Chicken Nuggets with Buttered Noodles	Chicken & Cheese Quesadilla	BBQ Pulled Chicken Sandwich with French Fries	Variety of Toasted Crafted Flatbreads Cheese Flatbread Quesadilla (V)	Seasons Pizza Slice	
<b>FEATURED VEGGIES</b> Broccoli Salad Fruit Choice	<b>FEATURED VEGGIES</b> Steamed Golden Corn Fruit Choice	<b>FEATURED VEGGIES</b> Coleslaw Fruit Choice	<b>FEATURED VEGGIES</b> Steamed Garden Peas Fruit Choice	<b>FEATURED VEGGIES</b> Side Garden Salad Fruit choice	
<b>made to order!</b> Hamburger bar Thursday, Beef Patty on a roll, with choice of Cheese, onion ring, lettuce, tomatoes, onions, pickles, peppers,.					
20	21	22	23	24	
Assorted Grilled Cheese Sandwiches	Buffalo Chicken or Seasoned Steak over French Fries	Nashville Hot Chicken Maple Flatbread	Max Cheese Sticks with dipping sauce	Seasons Pizza Slice	
<b>FEATURED VEGGIES</b> Tomato Soup Fruit Choice	<b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Fruit Choice	<b>FEATURED VEGGIES</b> Sweet Potato Fries Fruit Choice	<b>FEATURED VEGGIES</b> BBQ Baked Beans Fruit Choice	<b>FEATURED VEGGIES</b> Side Garden Salad Fruit choice	
<b>made to order!</b> Breakfast Bar Friday!! French Toast, choice of Bacon, Sausage, egg patty, Cheese, fried potatoes, Fruit sauce.					
27	28	29	30		
General Tso's Chicken over Brown Rice	Beef Enchilada Black Bean Enchilada (V)	Dip & Dust Wings with Garlic Knots	Popcorn Chicken Mashed Potato bowl with roll		
<b>FEATURED VEGGIES</b> Steamed Broccoli Fruit Choice	<b>FEATURED VEGGIES</b> French Fries Black Bean Salsa	<b>FEATURED VEGGIES</b> Glazed Carrots Fruit Choice	<b>FEATURED VEGGIES</b> Seasoned Green Beans Fruit Choice		
<b>Your Team</b> Barbara Holmes, Food Service Director 856-429-3960 ext 1136 <a href="mailto:had@nsfm.com">had@nsfm.com</a>		<b>Meal Prices</b> 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.

