



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 Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps 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! Pasta Monday! Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)					
				1 Season Pizza Slice FEATURED VEGGIES Side Salad Fruit Choice	
made to order! 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)					
4 General Tso's Chicken over Brown Rice Steamed Edamame over Brown Rice (V) FEATURED VEGGIES Steamed Broccoli Cucumber Salad	5 Beef Enchilada Black Bean Enchilada (V) FEATURED VEGGIES French Fries Veggie Patch/Fruit	6 Indian Butter Chicken with Lemon Scented Rice & Warm Flatbread FEATURED VEGGIES Cucumber & Tomato Salad Veggie Patch/Fruit	7 Popcorn Chicken Mashed Potato Bowl with Roll FEATURED VEGGIES Green Beans Veggie/ Fruit	8 Season Pizza Slice FEATURED VEGGIES Side Salad Fruit Choice	
made to order! 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					
11 Pepper Steak Bowl with Lo Mein Noodles FEATURED VEGGIES Green Beans Baby Carrots	12 Italian Meatball & Cheese on Toasted Baguette FEATURED VEGGIES Sweet Chili Brussels Strawberry Spinach Salad	13 Loaded Pierogies FEATURED VEGGIES Curly Fries Sliced Cucumbers	14 Chicken Cheesesteak or Birria Beef Cheesesteak with Pickled Red Onions FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes	15 Season Pizza Slice FEATURED VEGGIES Side Salad Fruit Choice	
made to order! Hamburger Bar Thursday!!!! Choice of, roll, cheese, American, pepper jack, provolone . Lettuce, Tomato, Onion, Bacon, onion rings, French fries					
18 Cheeseburger Tater Tot Bowl Customizable for (V) FEATURED VEGGIES Tater Tots Veggie patch/Fruit	19 Orange Chicken with Scallions over Fried Rice FEATURED VEGGIES Sesame Green Beans Strawberry Spinach Salad	20 Dip & Dust Wings with Garlic Knot FEATURED VEGGIES BBQ Baked Beans Veggie Patch/Fruit	21 Dutch Waffles with Sausage and syrup cup FEATURED VEGGIES Hash browns Veggie Patch/Fruit	22 Season Pizza Slice FEATURED VEGGIES Side 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, sauteed red peppers, and choice of shredded cheese. Customizable for (V)					
25 Fresh Dough Classic Stromboli Roll with Marinara Cheese Stromboli (V) FEATURED VEGGIES Tomato Mozzarella Salad Veggie Patch/ Fruit	26 Chicken Tenders, Mashed Potatoes, Gravy with a biscuit FEATURED VEGGIES Sweet Corn	27 Hawaiian Pork Sandwich on Toasted Ciabatta FEATURED VEGGIES Sweet Potato Fries Fresh Pineapple Slaw	28 Build-Your-Own Breakfast Sandwich Customizable for (V) FEATURED VEGGIES Tri Hash Brown Veggie Patch/Fruit	29 Season Pizza Slice FEATURED VEGGIES Side Salad 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.

