


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 Pepper Steak Bowl with Lo Mein Noodles FEATURED VEGGIES Green Beans Baby Carrots	5 Italian Meatball & Cheese on Toasted Baguette FEATURED VEGGIES Sweet Chili Brussels Strawberry Spinach Salad	6 Loaded Pierogies FEATURED VEGGIES Curly Fries Sliced Cucumbers	7 Chicken Cheesesteak or Birria Beef Cheesesteak with Pickled Red Onions FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes	8 Season Pizza Slice FEATURED VEGGIES Side Salad Fruit Choice	
made to order! Deli Bar Wednesday!!! Choice of Bread, roll or wrap. Ham, Turkey, Salami, American cheese, Provolone cheese, Lettuce, Tomato, Onions, Pickles, Peppers sweet or hot					
11 Cheeseburger Tater Tot Bowl Customizable for (V) FEATURED VEGGIES Tater Tots Veggie patch/Fruit	12 Orange Chicken with Scallions over Fried Rice FEATURED VEGGIES Sesame Green Beans Strawberry Spinach Salad	13 Dip & Dust Wings with Garlic Knot FEATURED VEGGIES BBQ Baked Beans Veggie Patch/Fruit	14 Dutch Waffles with Sausage and syrup cup FEATURED VEGGIES Hash browns Veggie Patch/Fruit	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 Fresh Dough Classic Stromboli Roll with Marinara FEATURED VEGGIES Tomato Mozzarella Salad Fruit Choice	19 Chicken Tenders, Mashed Potatoes, Gravy with a biscuit FEATURED VEGGIES Sweet Corn	20 Hot Turkey open face sandwich with gravy and fries FEATURED VEGGIES French Fries Fresh Pineapple Slaw	21 Build-Your-Own Breakfast Sandwich Customizable for (V) FEATURED VEGGIES Tri Hash Brown 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 Happy Memorial Day	26 Chicken & Cheese Quesadilla FEATURED VEGGIES Steamed Golden Corn Fruit Choice	27 BBQ Pulled Chicken Sandwich with French Fries FEATURED VEGGIES Coleslaw Fruit Choice	28 Variety of Toasted Crafted Flatbreads Cheese Flatbread Quesadilla (V) FEATURED VEGGIES Steamed Garden Peas Fruit Choice	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.

