

September 2026

EAT SMART BE SMART



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1	2	3	4
7 Labor Day	8 1/2 Day No Lunch	9 1/2 Day No Lunch	10 Chicken Tenders with Soft Pretzel Pizza Kit Curly Fries/ Broccoli Bites Fruit Choice	11 Seasons Pizza Slice Cheese Pizza Sticks with Dipping Sauce (V) Asst. Fresh Veggies Fruit Choice
14 Breaded Chicken Tenders with Mini Waffles Chef Salad Sidewinder Fries/ Carrots Fruit choice	15 Chicken Patty on a Bun Walking Taco with Pretzel Stick Mexicali Corn/ Cucumbers Fruit Choice	16 Chicken Alfredo over Penne with Garlic Bread Chicken Caesar Salad w/roll Steamed Broccoli/Celery Stick Fruit Choice	17 Bacon Cheeseburger Pizza Kit Tater Tots/ Broccoli Bites Fruit Choice	18 Seasons Pizza Slice Cheese Pizza Sticks with Dipping Sauce (V) Asst. Fresh Veggies Fruit Choice
21 Pizza Pierogis Corn Dog Steamed Broccoli/ Carrots Fruit Choice	22 Cheese Steak Sub Walking Taco with Pretzel Rod Green Beans/Cucumbers Fruit Choice	23 French Toast Sticks with Sausage Links Breakfast Wrap (V) Tri-Taters/ Celery Sticks Fruit Choice	24 Mac & Cheese Pizza Kit Sweet Corn/ Broccoli Bites Fruit Choice	25 Seasons Pizza Slice Cheese Pizza Sticks with Dipping Sauce (V) Asst. Fresh Veggies Fruit Choice
28 Toasted Pizza Flat Bread Hot Dog on a Bun Steamed Broccoli/ Carrots Choice of Fruit	29 Pulled Chicken Soft Tacos Walking Taco with Pretzel Rod Latin Inspired Beans/Cucumbers Fruit Choice	30 Sausage, Egg & Cheese Waffle Flatbread Sandwich Caesar Salad with roll Hash Brown Potato/ Celery Sticks Fruit Choice	1 Chicken & Mashed Potato Bowl with Roll Pizza Kit Mashed Potato/ Broccoli Bites Fruit Choice	2 Seasons Pizza Slice Cheese Pizza Sticks with Dipping Sauce (V) Asst. Fresh Veggies Fruit Choice

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student \$3.95
Adult \$4.60

Available Daily

Chicken Nuggets with a Roll
Cereal Lunch with yogurt, String Cheese, Graham Crackers
Monday-Cinnamon Toast Crunch
Tuesday-Lucky Charms
Wednesday- Coco Puffs
Thursday- Fruit Loops
Friday - Asst.

Fruit & Veggie Selection

Fresh, Frozen and Canned
Students may choose two ½ cup servings.

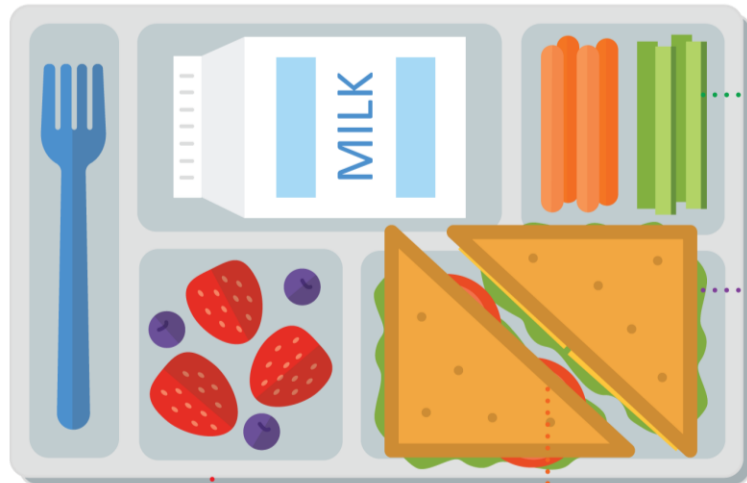
Milk Selection

1% White, Chocolate, Strawberry

Your Dining Services Team

Barbara Holmes
Food Service Director
(856)429-3960ext. 1136
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MILK IS MIGHTY

Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!



GNAW ON RAW

Veggie Patch, salad, and cooked. Veggies have fiber for digestion



POWER UP WITH PROTEIN

Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!



WHOLE GRAINS = WHOLE PACKAGE

Bread, cereal, and crackers. Grains give us energy!



PURSUIT FOR FRUIT

Fresh, cupped, or 100% juice, fruit is nutrient-packed!

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Choose at least 3 of 5 meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch: \$X.XX
Adult Lunch: \$X.XX

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Meet Your
nutritious friends

Peach Puppies



[ADD HEADING HERE]

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YOUR DINING SERVICES TEAM
Firstname Lastname, Food Service Director
(###) ###-#### | email@nsfm.com

NUTRI-SERVE
FOOD MANAGEMENT, INC. by Metz