

October 2026

EAT SMART
BE SMART


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Chicken & Mashed Potato Bowl with Roll Pizza Kit Mashed Potatoes Baby Carrots	2 Seasons Pizza Slice Cheese Pizza Sticks with Dipping Sauce (V) Side Salad/ fresh veggies Fruit choice
5 Italian Meatballs & Cheese on a Roll Chef Salad Oven Fries/Baby Carrots Fruit & Milk Choice	6 Mac & Cheese (V) Walking Taco with Pretzel Stick Green Beans/ Cucumbers Fruit & Milk Choice	7 Hot Dog on a Roll Cheeseburger Mashed Potatoes/Baked Beans Fruit & Milk Choice	8 Toasted Cheese Sandwich (V) Pizza Kit Tomato Soup/Broccoli Bites Fruit & Milk Choice	9 Seasons Pizza Slice Cheese Pizza Sticks with Dipping Sauce (V) Side Salad/ fresh veggies Fruit & Milk choice
12 Corn Dog Chicken & Biscuit Mashed Potatoes/Corn Fruit & Milk Choice	13 Chicken & Cheese Quesadilla Walking Taco with Pretzel Stick Romaine Side Salad/Salsa Fruit & Milk Choice	14 Asian Sesame Chicken over Rice Hot Dog on a Bun Steamed Broccoli/Celery Sticks Fruit & Milk Choice	15 Breakfast for Lunch: French Toast with Cheesy Scrambled Eggs Pizza Kit Tater Triangles/ Broccoli Bites Fruit & Milk Choice	16 Seasons Pizza Slice Cheese Pizza Sticks with Dipping Sauce (V) Side Salad/ fresh veggies Fruit & Milk choice
19 Pasta with Meatballs Hot Dog on a Bun Steamed Mixed Veggies Cucumber Slices	20 Nachos Grande with Tortilla Chips Walking Taco with Pretzel Stick Refried Beans Lettuce & Tomato Fruit & Milk Choice	21 Indian Butter Chicken over Brown Rice Corn Dog Glazed Carrots/ Celery Sticks Fruit & Milk Choice	22 Chicken Tenders with Soft Pretzel Pizza Kit Curly Fries/ Broccoli Bites Fruit & Milk Choice	23 Seasons Pizza Slice Cheese Pizza Sticks with Dipping Sauce (V) Side Salad/ fresh veggies Fruit choice
26 Breaded Chicken Tenders with Mini Waffles Chef Salad with roll Sidewinder Fries/ Grape Tomato's Fruit & Milk Choice	27 Chicken Patty on a Bun Walking Taco with Pretzel Stick Mexicali Corn Fruit & Milk Choice	28 Chicken Alfredo over Penne with Garlic Bread Corn Dog Steamed Broccoli/ Celery Stick Fruit & Milk Choice	29 Bacon Cheeseburger Pizza Kit Tater Tots/ Baked Beans Fruit & Milk Choice	30 Seasons Pizza Slice Cereal Lunch Cucumber slices 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

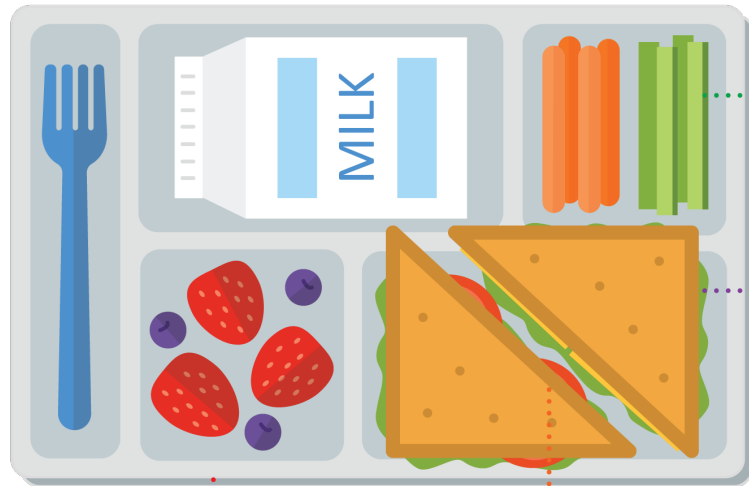
Your Dining Services Team

Barbara Holmes
Food Service Director
(856) 429-3960 ext. 1136
had@nsfm.com



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

NUTRI-SERVE
FOOD MANAGEMENT, INC. by Metzt



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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LUNCH PRICES

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

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nutritious friends



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[add text here]

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

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