



Meet Your Nutritious Friend:  
"Papa" Corn

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	<p>1</p> <p>Beef Soft Tacos</p> <p>Chicken Bacon Ranch Wrap</p> <p><b>FEATURED VEGGIES</b> Black Beans &amp; Salsa Grape Tomatoes</p>	<p>2</p> <p>Cowboy Burger on a Bun</p> <p>Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Onion Rings Celery &amp; Carrots Sticks</p>	<p>3</p> <p>Chicken Patty on a Bun</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Baked Beans Fresh Broccoli</p>	<p>4</p> <p>Pizza Dippers</p> <p>Cheeseburger</p> <p><b>FEATURED VEGGIES</b> Veggie Patch Side Salad</p>	<p><b>What is a Meal?</b></p> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Salad of the Week</b></p> <p><b>Week-1</b> (Chicken Caesar Salad) -Served with Goldfish &amp; Dinner Roll</p> <p><b>Week-2</b> (Chef's Salad) -Served with Goldfish &amp; Dinner Roll</p> <p><b>Week-3</b> (Buffalo Chicken Salad) -Served with Goldfish &amp; Dinner Roll</p> <p><b>Week-4</b> (Taco Salad) -Served with Tortilla Chips</p> <p><b>Week-5</b> (Garden Salad w/ Yogurt) -Served with Goldfish &amp; Dinner Roll</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% white, chocolate, and strawberry</p> <p><b>Daily Alternates</b></p> <p>Uncrustable Meal with Cheese Stick and Goldfish</p>
<p>7</p> <p>Chicken &amp; Cheese Quesadilla</p> <p>Tuna &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Fresh Cucumber Slices</p>	<p>8</p> <p>Classic Sloppy Joe on Hawaiian Roll</p> <p>Chicken Bacon Ranch Wrap</p> <p><b>FEATURED VEGGIES</b> Green Beans Grape Tomatoes</p>	<p>9</p> <p>Buffalo Chicken Dip over Tortilla Chips</p> <p>Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Roasted Garbanzo Beans Celery &amp; Carrots Sticks</p>	<p>10</p> <p>Pancake, Sausage, Egg &amp; Cheese Sandwich</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Home Fries Fresh Broccoli</p>	<p>11</p> <p><b>No School</b></p>	
<p>14</p> <p><b>No School</b></p>	<p>15</p> <p>Chicken Parm. &amp; Pasta</p> <p>Chicken Bacon Ranch Wrap</p> <p><b>FEATURED VEGGIES</b> Green Beans Grape Tomatoes</p>	<p>16</p> <p>Turkey &amp; Cheese Melt on a Croissant</p> <p>Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Glazed Carrots Celery &amp; Carrots Sticks</p>	<p>17</p> <p>Nachos Grande with Tortilla Chips</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Roasted Garbanzo Beans Fresh Broccoli</p>	<p>18</p> <p>Pizza Crunchers</p> <p>Cheeseburger</p> <p><b>FEATURED VEGGIES</b> Veggie Patch Side Salad</p>	
<p>21</p> <p>Chicken Nuggets with a Breadstick</p> <p>Tuna &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Fresh Cucumber Slices</p>	<p>22</p> <p>Asian Sesame Chicken over Noodles</p> <p>Chicken Bacon Ranch Wrap</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Grape Tomatoes</p>	<p>23</p> <p>Baked Ziti</p> <p>Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Green Beans Celery &amp; Carrots Sticks</p>	<p>24</p> <p>BBQ Pulled Pork on a Hawaiian Roll</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Baked Beans Fresh Broccoli</p>	<p>25</p> <p>French Bread Pizza</p> <p>Cheeseburger</p> <p><b>FEATURED VEGGIES</b> Veggie Patch Side Salad</p>	
<p>28</p> <p>Fish Sticks &amp; Goldfish</p> <p>Tuna &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Sweet Peas Fresh Cucumber Slices</p>	<p>29</p> <p>Grilled Cheese Sandwich</p> <p>Chicken Bacon Ranch Wrap</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Grape Tomatoes</p>	<p>30</p> <p>Chili &amp; Cornbread</p> <p>Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Green Beans Celery &amp; Carrots Sticks</p>	<p>31</p> <p>Hot Ham &amp; Cheese on a Pretzel Roll</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Glazed Carrots Fresh Broccoli</p>		
<p><b>Rachel Adams, Food Service Director</b> 609-476-2412 ext. 5 wey@nsfm.com</p>			<p><b>Meal Prices</b></p> <p>Student Lunch \$3.50 Reduced Lunch \$0.00 Faculty Lunch \$4.50</p>		

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