



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily								
		<b>1</b> <b>Happy New Year</b>	<b>2</b> Chicken Parm. with Pasta Buffalo Chicken Wrap <b>FEATURED VEGGIES</b> Green Beans	<b>3</b> Cheeseburger on a Bun Ham & Cheese Sandwich <b>FEATURED VEGGIES</b> Baked Beans	<p><b>What is a Meal?</b> 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 ( No Salad 1-2&amp;1-3 )</b>  <b>Week-1</b> (Chicken Caesar Salad)                      -Served with Goldfish &amp; Dinner Roll  <b>Week-2</b> (Chef's Salad)                      -Served with Goldfish &amp; Dinner Roll  <b>Week-3</b> (Buffalo Chicken Salad)                      -Served with Goldfish &amp; Dinner Roll                      Week-4 (Taco Salad)                      -Served with Tortilla Chips</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, chocolate, and strawberry</p> <p><b>Daily Alternates</b> Uncrustable Meal with Cheese Stick and Goldfish</p>								
<b>6</b> Fish Sticks with Goldfish Chicken Salad Wrap <b>FEATURED VEGGIES</b> Green Beans Fresh Cucumber Slices	<b>7</b> Chicken Patty on a Bun Ham & Cheese Sandwich <b>FEATURED VEGGIES</b> Corn Grape Tomatoes	<b>8</b> Cowboy Burger Chicken Bacon Ranch Wrap <b>FEATURED VEGGIES</b> Baked Beans Celery & Carrots Sticks	<b>9</b> Hot Dog on a Bun Turkey & Cheese Sandwich <b>FEATURED VEGGIES</b> Tater Tots Fresh Broccoli	<b>10</b> Stuffed Crust Pizza Cheeseburger <b>FEATURED VEGGIES</b> Veggie Patch Side Salad									
<b>13</b> Chicken & Cheese Quesadilla Chicken Salad Wrap <b>FEATURED VEGGIES</b> Corn Fresh Cucumber Slices	<b>14</b> Sloppy Joe on a Hawaiian Roll Ham & Cheese Sandwich <b>FEATURED VEGGIES</b> Sweet Peas Grape Tomatoes	<b>15</b> Shepherd's Pie Chicken Bacon Ranch Wrap <b>FEATURED VEGGIES</b> Roasted Garbanzo Beans Celery & Carrots Sticks	<b>16</b> Hot Ham & Cheese on a Pretzel Roll Turkey & Cheese Sandwich <b>FEATURED VEGGIES</b> Glazed Carrots Fresh Broccoli	<b>17</b> Pizza Crunchers Cheeseburger <b>FEATURED VEGGIES</b> Veggie Patch Side Salad									
<b>20</b> <b>No School</b>	<b>21</b> Cheeseburger Mac Ham & Cheese Sandwich <b>FEATURED VEGGIES</b> Green Beans Grape Tomatoes	<b>22</b> Honey Baked Chicken with Cornbread Chicken Bacon Ranch Wrap <b>FEATURED VEGGIES</b> Roasted Broccoli Celery & Carrots Sticks	<b>23</b> BBQ Pulled Pork on a Hawaiian Roll Turkey & Cheese Sandwich <b>FEATURED VEGGIES</b> Baked Beans Fresh Broccoli	<b>24</b> French Bread Pizza Cheeseburger <b>FEATURED VEGGIES</b> Veggie Patch Side Salad									
<b>27</b> Grilled Cheese Sandwich Chicken Salad Wrap <b>FEATURED VEGGIES</b> Sweet Peas Fresh Cucumber Slices	<b>28</b> Turkey & Cheese Melt on a Croissant Ham & Cheese Sandwich <b>FEATURED VEGGIES</b> Roasted Garbanzo Beans Grape Tomatoes	<b>29</b> Bee-fa-roni with Cornbread Chicken Bacon Ranch Wrap <b>FEATURED VEGGIES</b> Green Beans Celery & Carrots Sticks	<b>30</b> Soft Beef Tacos Turkey & Cheese Sandwich <b>FEATURED VEGGIES</b> Corn Fresh Broccoli	<b>31</b> Pizza Dippers Cheeseburger <b>FEATURED VEGGIES</b> Veggie Patch Side Salad									
<p><b>Rachel Adams, Food Service Director</b> 609-476-2412 ext. 5 wey@nsfm.com</p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Lunch</td> <td>\$3.50</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.50</td> </tr> </table>			Student Lunch	\$3.50	Reduced Lunch	\$0.00	Faculty Lunch	\$4.50		
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.