



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Asian Chicken over Rice</p> <p>Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	<p>4</p> <p>Nachos Grande w/ Beef</p> <p>Fiesta Taco Salad</p> <p>FEATURED VEGGIES Refried Beans Golden Corn</p>	<p>5</p> <p>Cheese Pizza</p> <p>Bagel Meal</p> <p>FEATURED VEGGIES Mixed Veggie Patch</p>	<p>6</p> <p>SCHOOL CLOSED</p>	<p>7</p> <p>SCHOOL CLOSED</p>
<p>10</p> <p>Bacon Cheese Burger</p> <p>Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Sweet Peas</p>	<p>11</p> <p>Pasta w/ Meat Sauce</p> <p>Fiesta Taco Salad</p> <p>FEATURED VEGGIES Mixed Veggies</p>	<p>12</p> <p>French Toast Stick w/ Breakfast Sausage</p> <p>Ham & Cheese</p> <p>FEATURED VEGGIES Hash Brown Potato</p>	<p>13</p> <p>Cheese or Pepperoni Pizza</p> <p>Bagel Meal</p> <p>FEATURED VEGGIES Side Salad</p>	<p>14</p> <p>Cheese Quesadilla</p> <p>Turkey & Cheese</p> <p>FEATURED VEGGIES Diced Stewed Tomatoes</p>
<p>17</p> <p>Chicken Tenders w/ Buttered Noodles</p> <p>Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Sweet Carrots</p>	<p>18</p> <p>Chicken Cheese Steak</p> <p>Fiesta Taco Salad</p> <p>FEATURED VEGGIES Green Beans</p>	<p>19</p> <p>Hot Roasted Turkey Meal w/ Gravy</p> <p>Ham & Cheese</p> <p>FEATURED VEGGIES Mashed Potatoes</p>	<p>20</p> <p>Cheese or Pepperoni Pizza</p> <p>Bagel Meal</p> <p>FEATURED VEGGIES Caesar Salad</p>	<p>21</p> <p>Bacon Cheese Burger</p> <p>Turkey & Cheese</p> <p>FEATURED VEGGIES Chickpea Salad</p>
<p>24</p> <p>Roasted Pork Sandwich w/ Melted Cheese</p> <p>Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Sweet Peas</p>	<p>25</p> <p>Chicken & Cheese Burrito</p> <p>Fiesta Taco Salad</p> <p>FEATURED VEGGIES Sweet Corn</p>	<p>26</p> <p>Cheese Pizza</p> <p>Bagel Meal</p> <p>FEATURED VEGGIES Mixed Veggie Patch</p>	<p>27</p> <p>HAPPY THANKSGIVING</p>	<p>28</p> <p>SCHOOL CLOSED</p>
<p>30</p> <p>Pizza Crunchers filled w/ Cheese & Marinara Sauce</p> <p>Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Green Beans</p>				

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, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free chocolate, fat-free strawberry

Daily Alternate:

Cheese Burger
Uncrustables

(V) Vegetarian
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

Your Team

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Meal Prices

Student Lunch \$3.30
Reduced Lunch \$0.00

