



Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pizza Crunchers Ham & Cheese FEATURED VEGGIES Green Beans	2 Beef Soft Tacos Chef Salad with Goldfish FEATURED VEGGIES Refried Beans Lettuce & Tomato	3 Buttermilk Pancakes w/ Bacon Pizza Craveable FEATURED VEGGIES Potato Wedges	4 Cheese Pizza Bagel Meal FEATURED VEGGIES Side Salad	5 All Beef Hot Dog Italian Hoagie FEATURED VEGGIES Baked Beans
8 Sloppy Joe on a Bun Roll Ham & Cheese FEATURED VEGGIES Sweet Peas	9 Grilled Cheese Sandwich Chef Salad with Goldfish FEATURED VEGGIES Tomato Soup	10 Bacon, Egg & Cheese on a Bagel Pizza Craveable FEATURED VEGGIES Tater Tots	11 Cheese Pizza Bagel Meal FEATURED VEGGIES Side Salad	12 Chicken & Cheese Quesadillas Italian Hoagie FEATURED VEGGIES Sweet Corn
15 Pizza burger on a Bun Ham & Cheese FEATURED VEGGIES Steamed Broccoli	16 All Beef Nachos Grande Chef Salad with Goldfish FEATURED VEGGIES Refried Beans	17 Grilled Hot Ham & Cheese Pizza Craveable FEATURED VEGGIES French Fries	18 Cheese Pizza Bagel Meal FEATURED VEGGIES Caesar Salad	19 Crispy Chicken Sandwich Italian Hoagie FEATURED VEGGIES Sweet Glazed Carrots
22 Chicken Cheese Steak Ham & Cheese FEATURED VEGGIES Green Beans	23 Cheese Pizza Bagel Meal FEATURED VEGGIES Mixed Veggie Patch	24 WINTER BREAK	25 MERRY CHRISTMAS	26 WINTER BREAK
29 WINTER BREAK	30 WINTER BREAK	31 NY'S EVE	1 HAPPY NEW YEAR	2 WINTER BREAK

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 1/2 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 Alternates:
PIZZA CRUNCHERS
UNCRUSTABLE

Your Team
Richele Boyce, Food Service Director
856-589-0718 ext. 1225
PIT@nsfm.com

Meal Prices
Student Lunch \$3.30
Reduced Lunch \$0.00



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