



**Meet Your Nutritious Friend:
Cheerleading Cherries**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancake Egg Sandwich with Sausage Patties FEATURED VEGGIES Hash Brown Potato Cucumber Slices	3 Walking Taco or Nachos Grande with Tortilla Chips FEATURED VEGGIES Black Beans Lettuce & Tomato	4 Cheeseburger on a Deluxe Roll or Mozzarella Sticks FEATURED VEGGIES Green Beans Baby Carrots	5 Chicken Patty on a Bun or Spicy Chicken Patty on a Deluxe Bun FEATURED VEGGIES Steamed Corn Lettuce/Tomato	6 Italian Dunkers with Sauce (V) FEATURED VEGGIES Fries Celery Sticks
9 Popcorn Chicken w/ dinner roll FEATURED VEGGIES Mash Potato Red Pepper Strips	10 Walking Taco or Nachos Grande with Tortilla Chips FEATURED VEGGIES Steam Corn Lettuce & Tomato	11 Corn Dog or Mozzarella Sticks FEATURED VEGGIES Vegetarian Beans Green Pepper Strips	12 Big Daddy Pizza FEATURED VEGGIES Fries Carrot sticks	13 NO SCHOOL
16 NO SCHOOL	17 French toast Sticks w/ Turkey sausage FEATURED VEGGIES Tater tots Cucumber slices	18 Pasta w/ Garlic Knot FEATURED VEGGIES Side Salad Assorted Veggies	19 BBQ Ribby on Deluxe Bun or Mozzarella Sticks FEATURED VEGGIES Vegetarian Beans Celery sticks	20 Cheese Pizza Sticks with Dipping Sauce (V) FEATURED VEGGIES Fries Cherry tomato
23 Chicken & Waffles FEATURED VEGGIES Tri Patty Sliced cucumbers	24 MAC & CHEESE FEATURED VEGGIES Steam Broccoli Assorted Veggies	25 Cowboy Burger on a Bun Or Hot Dog on a Bun FEATURED VEGGIES Glazed Carrots Assorted Veggies	26 Chicken Tenders with dinner roll FEATURED VEGGIES Mash Potato Carrot sticks	27 Big Daddy's Pizza FEATURED VEGGIES Mix Vegetables Celery sticks

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, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

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

Choice of Milk

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

Daily Alternates

Garden Salad w/popcorn chicken or Buffalo Chicken Salad

Weekly Cold Cut Sandwiches...

- Ham & Cheese
- Turkey & Cheese
- Italian Hoagies
- PB & Jelly

(V) Vegetarian

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

(VG) Vegan

These items do not contain any animal products

Café contact Info:

Veronica Leshner, Food Service Director
856-223-5120 ext. 8888
har@nsfm.com

Meal Prices

Student Lunch \$3.35
Reduced Lunch \$0.00
Faculty Lunch \$5.00

Scan code for Nutritional Factor

