

Monday	Tuesday	Wednesday	Thursday	Friday	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 Chef Salad Garden Salad w/ Egg Buffalo Chicken Salad Uncrustable Chicken Cheddar Ranch Wrap Italian Wrap Cheese Pizza Pepperoni Pizza Chicken Patty Spicy Chicken Patty Cheeseburger Soft Pretzel Craveable (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
2	3	4	5	6	
No School	No School	½ Day No Lunch	½ Day No Lunch	½ Day No Lunch	
9	10	11	12	13	
Italian Meatball & Cheese on Toasted Baguette FEATURED VEGGIES Green Beans Baby Carrots	Pepper Steak Bowl with Lo Mein Noodles FEATURED VEGGIES Steamed Broccoli Celery Sticks	Breakfast Scramble Bowl w/ a Biscuit FEATURED VEGGIES Tater Tots Sliced Cucumbers	Philly Cheesesteak on Toasted Baguette FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes	Loaded Bacon Cheddar Pierogies with Dinner Roll FEATURED VEGGIES Sweet Potato Fries Chickpea Salad	
16	17	18	19	20	
No School	Orange Chicken with White Rice FEATURED VEGGIES Steamed Broccoli Baby Carrots	Bases Loaded Hot Dog Or County Fair Corn Dog FEATURED VEGGIES BBQ Baked Beans Steamed Mixed Veggies	Spaghetti w/ Meat Sauce FEATURED VEGGIES French Fries Tomato Mozzarella Salad	Buffalo Chicken Dip over Tortilla Chips FEATURED VEGGIES Sweet Potato Fries Caesar Side Salad	
23	24	25	26	27	
Chicken Tenders with Seasoned Rice FEATURED VEGGIES Steamed Mixed Veggies Garden Side Salad	Nachos Grande FEATURED VEGGIES Ranch Refried Bean Dip Salsa	BBQ Pork Sandwich on Toasted Ciabatta FEATURED VEGGIES Curly Fries Cole Slaw	BBQ Chicken w/ a Corn Muffin FEATURED VEGGIES Mashed Potatoes Corn	Cheesy Pizza Crunchers with Marinara (V) FEATURED VEGGIES Chickpea Salad Caesar Side Salad	
Your Team Kimberly Wagner, Food Service Director 856.451.9400 ext. 265 CPM@nsfm.com					
Meal Prices Student Lunch \$3.25 Reduced Lunch \$0.00 Faculty Lunch \$4.50					



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

