



Meet Your Nutritious Friend:  
Avocado-do

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
|   |   |   |  | 1  |
|   |   |   |  | PIZZA  |
|   |   |   |  | FEATURED VEGGIES<br>Side Salad<br>Celery Sticks        |
| 4   | 5   | 6   | 7  | 8  |
| WAFFLES<br>/W /SAUSAGE                              | <b>TACO TUESDAY</b><br><br>RICE-BLACK BEANS<br><i>Special treat</i> | HOT DOG ON A DELUXE<br>ROLL                               | CHICKEN NUGGETS  | PIZZA  |
| FEATURED VEGGIES<br>Oven Fries<br>Red Pepper Strips | FEATURED VEGGIES<br>Rice-Black Beans<br><i>Special treat</i>  | FEATURED VEGGIES<br>Baked Beans<br>Green Pepper Strips    | FEATURED VEGGIES<br>Rice<br>Cherry Tomato                    | FEATURED VEGGIES<br>Side Salad<br>Carrot Sticks        |
| 11  | 12  | 13  | 14   | 15   |
| FRENCH TOAST STICKS<br>W/SAUSAGE                    | CHICKEN & CHEESE<br>QUESADILLA  | MOZZARELLA STICKS   | CHICKEN & MASH<br>POTATO BOWL                                | CHEESE PIZZA<br>CRUNCHERS<br>with Dipping Sauce        |
| FEATURED VEGGIES<br>Hash Brown<br>Celery Sticks     | FEATURED VEGGIES<br>Rice<br>Salsa   | FEATURED VEGGIES<br>Steamed Broccoli<br>Cucumber Slices   | FEATURED VEGGIES<br>Corn<br>Carrot stick w/ Ranch            | FEATURED VEGGIES<br>Side Salad<br>Cherry Tomato        |
| 18  | 19  | 20  | 21   | 22   |
| PANCAKES<br>W/SAUSAGE                               | NACHOS GRANDE<br>/TORTILLA CHIPS  | CHEESEBURGER ON A<br>BUN                                  | CORN DOG   | PIZZA  |
| FEATURED VEGGIES<br>Tater Tots<br>Carrot Sticks     | FEATURED VEGGIES<br>Refried Beans<br>Lettuce & Tomato   | FEATURED VEGGIES<br>Glazed Carrots<br>Chickpea Salad      | FEATURED VEGGIES<br>Peas<br>Cucumber Slices                  | FEATURED VEGGIES<br>Side Salad<br>Broccoli Bites       |
| 25  | 26  | 27  | 28   | 29   |
| <b>MEMORIAL DAY<br/>SCHOOL CLOSED</b>               | WAFFLES<br>W/SAUSAGE  | CHEESESTEAK ON A<br>ROLL                                  | PASTA<br>W/GARLIC BREAD                                      | PIZZA  |
|   | FEATURED VEGGIES<br>Dice potato<br>Carrot Sticks  | FEATURED VEGGIES<br>Lettuce/Tomato<br>Green Pepper Strips | FEATURED VEGGIES<br>Garden Salad<br>Celery Sticks with Ranch | FEATURED VEGGIES<br>Cherry tomato's<br>Cucumber Slices |

### 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 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
- Tuna Hoagies
- PB & Jelly
- Crave able

#### (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](mailto:har@nsfm.com)

### Meal Prices

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

Scan for  
nutritional  
factors

