



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Stuffed Crust Pizza Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad
4 Chicken Nuggets with Goldfish Yogurt Craveable FEATURED VEGGIES Glazed Carrots Fresh Cucumber Slices	5 Taco Mac & Cheese with Pretzel Stick Ham & Cheese Sandwich FEATURED VEGGIES Green Beans Grape Tomatoes	6 Hot Dog on a Roll Turkey & Cheese Wrap FEATURED VEGGIES Fries Celery & Carrots Sticks	7 Grilled Cheese Sandwich Nacho Craveable FEATURED VEGGIES Baked Beans Fresh Broccoli	8 Pizza Crunchers Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad
11 Hot Turkey & Gravy on Brioche Bun Yogurt Craveable FEATURED VEGGIES Roasted Chick Peas Fresh Cucumber Slices	12 Chicken & Cheese Quesadilla Ham & Cheese Sandwich FEATURED VEGGIES Corn Grape Tomatoes	13 Asian Sesame Chicken over Rice Turkey & Cheese Wrap FEATURED VEGGIES Roasted Broccoli Celery & Carrots Sticks	14 Cheesy BBQ Pulled Pork Bowl Nacho Craveable FEATURED VEGGIES Tater Tots Fresh Broccoli	15 French Bread Pizza Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad
18 Pasta Bake with Garlic Bread Yogurt Craveable FEATURED VEGGIES Green Beans Fresh Cucumber Slices	19 Beef Soft Tacos Ham & Cheese Sandwich FEATURED VEGGIES Corn Grape Tomatoes	20 Italian Toaster Sandwich Turkey & Cheese Wrap FEATURED VEGGIES Fries Celery & Carrots Sticks	21 BBQ Baked Chicken with Cornbread Nacho Craveable FEATURED VEGGIES Baked Beans Fresh Broccoli	22 Cheesy Pizza Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad
25 No School	26 Walking Taco with Pretzel Stick Ham & Cheese Sandwich FEATURED VEGGIES Roasted Chick Peas Grape Tomatoes	27 Hot Ham & Cheese on a Pretzel Roll Turkey & Cheese Wrap FEATURED VEGGIES Roasted Broccoli Celery & Carrots Sticks	28 Pancake, Sausage, Egg & Cheese Sandwich Nacho Craveable FEATURED VEGGIES Fries Fresh Broccoli	29 Pizza Dippers Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad

What is a Meal?
Students must choose at least 3 of the 5 components available for the school lunch.
- 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.

Salad of the Week
5/4-5/8
(Garden Salad w/Yogurt)
Served with Goldfish & Dinner Roll
5/11-5/15
(Asian Chicken Salad)
Served with Goldfish & Dinner Roll
5/18-5/22
(Chicken Caesar Salad)
Served with Goldfish & Dinner Roll
5/25-5/29
(Chef's Salad)
Served with Goldfish & Dinner Roll

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

Choice of Milk
1% white, FF white, chocolate, and strawberry

Daily Alternates
Uncrustable Meal with Cheese Stick and Goldfish

Rachel Adams, Food Service Director
609-476-2412 ext. 5
wey@nsfm.com

Meal Prices
Student Lunch \$3.60
Reduced Lunch \$0.00
Faculty Lunch \$4.50

