



Meet Your Nutritious Friend:  
Whistling Watermelon

Monday	Tuesday	Wednesday	Thursday	Friday
1  French Toast with Sausage Patties  <b>FEATURED VEGGIES</b> Hash Brown Potato Fresh Cucumber Slices	2  Pizza Crunchers  <b>FEATURED VEGGIES</b> Spinach Cherry Tomato	3  Pasta  <b>FEATURED VEGGIES</b> Side Salad Baby Carrots	4  Chicken Patty  <b>FEATURED VEGGIES</b> Green Beans Fresh Veggies	5  PIZZA  <b>FEATURED VEGGIES</b> Side Salad Celery sticks
8  Pancake Sandwich  <b>FEATURED VEGGIES</b> Hash Brown Potato Red Pepper Strips	9  Cheese Quesadilla  <b>FEATURED VEGGIES</b> Fries Cucumber slices	10  Hot Dog  <b>FEATURED VEGGIES</b> Vegetarian Beans Celery Sticks	11  Chef Special  <b>FEATURED VEGGIES</b> Fresh Veggies	12  <b>EARLY DISMISSAL NO LUNCH WILL BE SERVED.</b>

**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, 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

15  
  
**EARLY DISMISSAL NO LUNCH WILL BE SERVED.**

22

29



**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 for nutritional factors

