



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Cheeseburger FEATURED VEGGIE Tater Tots	2 Pizza Dippers FEATURED VEGGIES Veggie Patch
5 Chicken Nuggets with Goldfish FEATURED VEGGIE Sweet Peas	6 Beef & Cheese Quesadilla FEATURED VEGGIE Corn	7 Pancakes & Sausage FEATURED VEGGIE Carrot Sticks	8 Cheeseburger FEATURED VEGGIE Mix Veggies	9 Stuffed Crust Pizza FEATURED VEGGIES Veggie Patch
12 No School	13 Beef & Cheese Quesadilla FEATURED VEGGIE Grape Tomatoes	14 Pancakes & Sausage FEATURED VEGGIE Celery Sticks	15 Cheeseburger FEATURED VEGGIE Oven Fries	16 Pizza Crunchers FEATURED VEGGIES Veggie Patch
19 Chicken Nuggets with Goldfish FEATURED VEGGIE Green Beans	20 Beef & Cheese Quesadilla FEATURED VEGGIE Corn	21 Pancakes & Sausage FEATURED VEGGIE Oven Fries	22 Cheeseburger FEATURED VEGGIE Fresh Broccoli	23 French Bread Pizza FEATURED VEGGIES Veggie Patch
26 Chicken Nuggets with Goldfish FEATURED VEGGIE Fresh Cucumber Slices	27 Beef & Cheese Quesadilla FEATURED VEGGIE Grape Tomatoes	28 Pancakes & Sausage FEATURED VEGGIE Carrot Sticks	29 Cheeseburger FEATURED VEGGIE Baked Beans	30 Cheesy Pizza FEATURED VEGGIES Veggie Patch

WHAT MAKES IT A MEAL!

Students are served in the classroom.

- Whole Grain
- Protein
- Vegetable
- Fruit
- 1% Milk

Available Daily

Uncrustable Meal with Veggie and Fruit

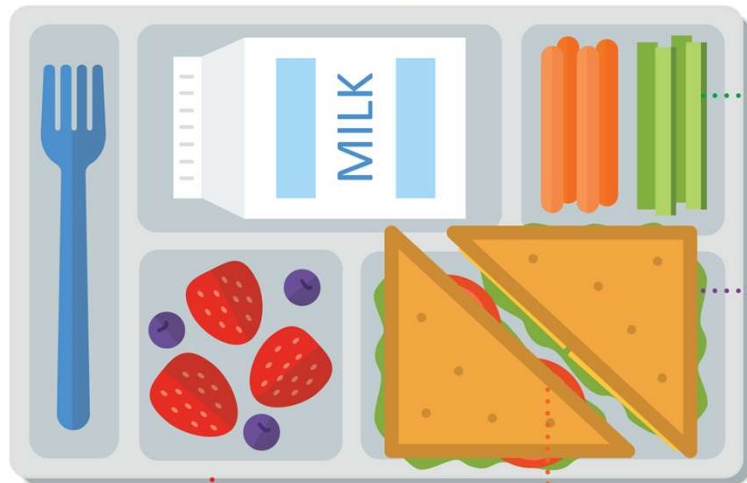
Milk Selection

[1% White Milk]

Rachel Adams
Food Service Director
(609) 476-2267 ext. 6
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Lunch Prices

Student \$3.85
Adult \$4.85



MILK IS MIGHTY

Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!



GNAW ON RAW

Veggie Patch, salad, and cooked. Veggies have fiber for digestion



POWER UP WITH PROTEIN

Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!



WHOLE GRAINS = WHOLE PACKAGE

Bread, cereal, and crackers. Grains give us energy!



PURSUIT FOR FRUIT

Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch:	\$3.85
Adult Lunch:	\$4.85

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Meet Your
**nutritious
friends**

