



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			Cheesy BBQ Pulled Pork Bowl Nacho Craveable FEATURED VEGGIES Tater Tots Fresh Broccoli	Pizza Dippers Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad
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Salad of the Week: (Garden Salad w/Yogurt) Served with a Dinner Roll

Buffalo Chicken Dip with Tortilla Chips Turkey & Cheese Sandwich FEATURED VEGGIES Sweet Peas Fresh Cucumber Slices	Soft Beef Tacos Yogurt Craveable FEATURED VEGGIES Corn Grape Tomatoes	Hot Dog on a Roll Grilled Cheese Sandwich FEATURED VEGGIES Baked Beans Celery & Carrots Sticks	Grilled Cheese Sandwich Nacho Craveable FEATURED VEGGIES Mixed Veggie Fresh Broccoli	Stuffed Crust Pizza Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad
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Salad of the Week: (Asian Sesame Chicken Salad) Served with a Dinner Roll

No School	Chicken & Cheese Quesadilla Yogurt Craveable FEATURED VEGGIES Seasoned Black Beans Grape Tomatoes	Asian Sesame Chicken over Rice Grilled Cheese Sandwich FEATURED VEGGIES Roasted Broccoli Celery & Carrots Sticks	Pancake, Sausage, Egg & Cheese Breakfast Sandwich Nacho Craveable FEATURED VEGGIES Oven Fries Fresh Broccoli	Pizza Crunchers Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad
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Salad of the Week: (Chicken Caesar Salad) Served with a Dinner Roll

Chicken Parm. with Pasta Turkey & Cheese Sandwich FEATURED VEGGIES Green Beans Fresh Cucumber Slices	Fiesta Mac & Cheese with Tortilla Chips Yogurt Craveable FEATURED VEGGIES Corn Grape Tomatoes	Cowboy Burger Grilled Cheese Sandwich FEATURED VEGGIES Onion Rings Celery & Carrots Sticks	Italian Toaster Sandwich Nacho Craveable FEATURED VEGGIES Roasted Chick Peas Fresh Broccoli	French Bread Pizza Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad
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Salad of the Week: (Chef's Salad) Served with a Dinner Roll

Chicken Patty on a Bun Homestyle or Spicy Turkey & Cheese Sandwich FEATURED VEGGIES Oven Fries Fresh Cucumber Slices	Walking Taco with Pretzel Stick Yogurt Craveable FEATURED VEGGIES Seasoned Black Beans Grape Tomatoes	Chicken Alfredo over Pasta a with Breadstick Grilled Cheese Sandwich FEATURED VEGGIES Roasted Broccoli Celery & Carrots Sticks	Bacon Cheeseburger Nacho Craveable FEATURED VEGGIES Baked Beans Fresh Broccoli	Cheesy Pizza Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad
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Salad of the Week: (Buffalo Chicken Salad) Served with a Dinner Roll

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

Available Daily

Uncrustable Meal with Cheese Stick and Goldfish

Fruit Selection

[Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice]
Students may choose two ½ cup servings.

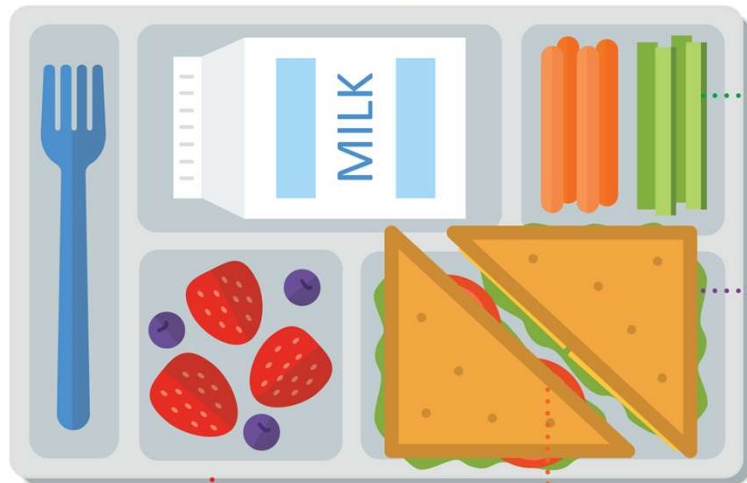
Milk Selection

[1% white, FF white, chocolate, and strawberry]

Rachel Adams
Food Service Director
(609) 476-2267 ext. 6
est@nsfm.com

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!

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

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

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LUNCH PRICES

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

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Meet Your
**nutritious
friends**

