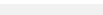




Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?						
			OFF	OFF	<p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p>						
5 Corn Dogs FEATURED VEGGIES Smiley Fries	6 Popcorn Chicken Banana Muffin FEATURED VEGGIES Green Beans	7 Chicken Parmesan Sandwich FEATURED VEGGIES Cheesy Broccoli	8 Mini Maple Pancakes w/Sausage Patty FEATURED VEGGIES Hash Browns	9 Cheese Pizza FEATURED VEGGIES Garden Salad	<p>Choice of Vegetable Hot vegetable,, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free chocolate, fat-free strawberry</p>						
12 Cheeseburger FEATURED VEGGIES Tater Tots	13 Chicken Soft Tacos FEATURED VEGGIES Golden Corn	14 Homemade Mac & Cheese FEATURED VEGGIES Peas	15 Bacon, Egg & Cheese Sandwich FEATURED VEGGIES Hash Browns	16 Cheese Pizza FEATURED VEGGIES Garden Salad							
19 OFF	20 Grilled Cheese Sandwich w/Tomato Soup FEATURED VEGGIES Mixed Vegetables	21 Asian Sesame Chicken Over rice FEATURED VEGGIES Cheesy Broccoli	22 Chicken Tenders FEATURED VEGGIES Carrots	23 Cheese Pizza FEATURED VEGGIES Garden Salad	<p>Daily Alternates</p> <p>Fresh Entree Salad of the Week PB&J Uncrustables Weekly Cold Cut Sandwiches & Wraps Bagel Bags Cereal Bags</p>						
26 Hot Dog on a Bun FEATURED VEGGIES Baked Beans	27 Walking Tacos FEATURED VEGGIES Golden Corn	28 Chicken Patty Sandwich FEATURED VEGGIES Green Beans	29 French Toast Sticks w/Sausage Patty FEATURED VEGGIES Hash Browns	30 Cheese Pizza FEATURED VEGGIES Garden Salad	<p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p>						
<p>Your Team</p> <p>Kim Onori, Food Service Director 609-261-1316 ext. 213 hai@nsfm.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Lunch</td> <td>\$3.25</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$5.00</td> </tr> </table>		Student Lunch	\$3.25	Reduced Lunch	\$0.00	Faculty Lunch	\$5.00	  
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