



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday	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 ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable,, 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 Fresh Entree Salad of the Week PB&J Uncrustables Weekly Cold Cut Sandwiches & Wraps Bagel Bags Cereal Bags (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>
			OFF	OFF	
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	
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	
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	

Your Team

Kim Onori, Food Service Director
609-261-1316 ext. 213
hai@nsfm.com

Meal Prices

Student Lunch	\$3.25
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00

