



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| 1<br><br>Corn Dogs<br><br><b>FEATURED VEGGIES</b><br>Baked Beans                         | 2<br><br>Soft Shell Chicken Tacos<br><br><b>FEATURED VEGGIES</b><br>Golden Corn                      | 3<br><br>French Toast<br>w/ Sausage Patty<br><br><b>FEATURED VEGGIES</b><br>Hash Browns    | 4<br><br>Chicken Tenders<br>w/Banana Muffin<br><br><b>FEATURED VEGGIES</b><br>Carrots                         | 5<br><br>Cheese Pizza (V)<br><br><b>FEATURED VEGGIES</b><br>Garden Salad  |
| 8<br><br>BBQ Pulled Chicken<br>Sandwich<br><br><b>FEATURED VEGGIES</b><br>Smiley Fries   | 9<br><br>Grilled Cheese Sandwich (V)<br>w/ Tomato Soup<br><br><b>FEATURED VEGGIES</b><br>Green Beans | 10<br><br>Bacon, Egg & Cheese<br>Sandwich<br><br><b>FEATURED VEGGIES</b><br>Hash Browns    | 11<br><br>Sesame Asian Popcorn<br>Chicken<br>Over Rice<br><br><b>FEATURED VEGGIES</b><br>Carrots              | 12<br><br>Cheese Pizza (V)<br><br><b>FEATURED VEGGIES</b><br>Garden Salad |
| 15<br><br>Chicken Patty Sandwich<br><br><b>FEATURED VEGGIES</b><br>Tater Tots            | 16<br><br>Nachos<br>w/Tortilla Chips<br><br><b>FEATURED VEGGIES</b><br>Golden Corn                   | 17<br><br>Penne with Meatballs<br>Garlic Breadstick<br><br><b>FEATURED VEGGIES</b><br>Peas | 18<br><br>Chicken Teriyaki<br>Or<br>Orange Chicken<br>Over Rice<br><br><b>FEATURED VEGGIES</b><br>Green Beans | 19<br><br>Cheese Pizza (V)<br><br><b>FEATURED VEGGIES</b><br>Garden Salad |
| 22<br><br><b>½ Day</b><br>Hot Dog on a Bun<br><br><b>FEATURED VEGGIES</b><br>Baked Beans | 23<br><br><b>½ Day</b><br>Cheese Pizza (V)<br><br><b>FEATURED VEGGIES</b><br>Potato Chips            | 24<br><br>OFF  | 25<br><br><b>HAPPY<br/>HOLIDAYS!</b>  | 26<br><br>OFF   |
| 29<br><br>OFF  | 30<br><br>OFF  | 31<br><br>OFF  |   |   |

## 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 Bag  
Cereal Bag

## (V) Vegetarian

*These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg*

## Hainesport

Kim Onori, Food Service Director  
609-267-1316 ext. 213  
[hai@nsfm.com](mailto:hai@nsfm.com)

## Meal Prices

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

