

OCTOBER 2023

Voorhees Township Public Schools ELEMENTARY LUNCH MENU

What is a Meal?
You must choose of least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meal or meat alternate
Choice of Vegetable
Choice of fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage
Featured Fruit May include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges.

LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES
These 2 options are available daily!
1. Cereal Lunch
(Assorted Cereal, Goldfish Crackers, Yogurt & Cheese Stick)



View your lunch account: www.schoolpaymentportal.com

Lunch Prices
Student \$3.15
Reduced \$0.40

General Manager: Tina Artusa
Phone Number: 856-795-2025 ext 5223

Email: VHS@nsm.com
*Menu subject to change.

USDA is an equal opportunity provider and employer.

Monday

2

Baked Pasta w/ Meat Sauce
w/ Garlic Bread
Garden Salad/Goldfish
Turkey & Cheese on Bun
Sides:
Green Beans/Grape Tomatoes
Fruit of the Day
Choice of Milk

9

School Closed

16

Chicken Patt
On Bun
Chef Salad/ Goldfish
Egg Salad Croissant
Sides:
Mashed Potatoes/ Mixed Veggies
Fruit of the Day
Choice of Milk

23

Chicken Quesadilla
w/ Salsa Sour Cream
Buffalo Chicken Salad/ Goldfish
American Hoagie
Sides:
Buttered Pasta/ Peas
Fruit of the Day
Choice of Milk

30

Mini Pancakes
w/ Turkey Sausage & Syrup
Chicken Pasta Salad
Turkey & Cheese on Kaiser
Sides:
Sweet Potato Fries/ Glazed Carrots
Fruit of the Day
Choice of Milk

6

Sloppy Joe
On Bun
Garden Salad/Goldfish
Turkey & Cheese on Bun
Sides:
Buttered Pasta/ Peas
Fruit of the Day
Choice of Milk

Taco Tuesday

Soft Beef Taco's

w/ Toppings
Garden Salad/Goldfish
American Hoagie
Sides:
Brown Rice/ Corn
Fruit of the Day
Choice of Milk

10

Nacho's Grande
w/ Toppings
Chicken Ranch Salad/ Crackers
Ham & Cheese Sandwich
Sides:
Brown Rice/ Corn
Fruit of the Day
Choice of Milk

17

Nachos Grande
w/ Toppings
Chef Salad/ Goldfish
Egg Salad Croissant
Sides:
Brown Rice/ Corn
Fruit of the Day
Choice of Milk

24

Soft Beef Taco
w/ Toppings
Buffalo Chicken Salad/ Goldfish
American Hoagie
Sides:
Brown Rice/ Corn
Fruit of the Day
Choice of Milk

31

Spooky Chicken Alfredo
Holiday Cookie Treat
Chicken Pasta Salad
Turkey & Cheese on Kaiser
Sides:
Roasted Broccoli/ Garlic Bread
Fruit of the Day
Choice of Milk

7

Nachos Grande
w/ Toppings
Garden Salad/Goldfish
Turkey & Cheese on Bun
Sides:
Brown Rice/ Corn
Fruit of the Day
Choice of Milk

Wednesday

4

Pancake Sizzler Sandwich
W/ Egg & Cheese
Garden Salad/Goldfish
Turkey & Cheese on Bun
Sides:
Hash Brown & Cinnamon Apples
Fruit of the Day
Choice of Milk

11

All Beef Hotdog
On Bun
Chicken Ranch Salad/ Crackers
Ham & Cheese Sandwich
Sides:
Baked Beans/French Fries
Fruit of the Day
Choice of Milk

18

French Toast Sticks
W/ Sausage
Chef Salad/ Goldfish
Egg Salad Croissant
Sides:
Hash Brown/Glazed Carrots
Fruit of the Day
Choice of Milk

25

Cheesesteak Sandwich
Peppers/onions on side
Buffalo Chicken Salad/ Goldfish
American Hoagie
Sides:
French Fries/ Steamed Carrots
Fruit of the Day
Choice of Milk

Nov. 1

Chunky Chicken Cheesesteak
on Torpedo Roll
Chicken Pasta Salad
Turkey & Cheese on Kaiser
Sides:
Sweet Peas
Fruit of the Day
Choice of Milk

8

Cheese Pizza
Big Daddy
Garden Salad/Goldfish
Turkey & Cheese on Bun
Sides:
Carrot Sticks
Fruit of the Day
Choice of Milk

Thursday

5

Chicken Nuggets
W/ dip Cup
Garden Salad/Goldfish
Turkey & Cheese on Bun
Sides:
Mashed Potatoes/ Mixed Veggies
Fruit of the Day
Choice of Milk

12

Cheeseburger
On Bun
Chicken Ranch Salad/ Crackers
Ham & Cheese Sandwich
Sides:
Green Beans/ Potato Chips
Fruit of the Day
Choice of Milk
EARLY DISMISSAL

19

Baked Pasta w/ Meat Sauce
w/ Garlic Bread
Chef Salad/ Goldfish
Egg Salad Croissant
Sides:
Green Beans/Grape Tomatoes
Fruit of the Day
Choice of Milk

26

Chicken Tenders
w/ Pretzel Rod & Dip Cup
Buffalo Chicken Salad/ Goldfish
American Hoagie
Sides:
Mashed Potatoes/ Green Beans
Fruit of the Day
Choice of Milk

2

Cheese Burger Deluxe
Side-Let.-Tom.-Pickle
Chicken Pasta Salad
Turkey & Cheese on Kaiser
Sides:
Steamed Broccoli
Fruit of the Day
Choice of Milk

9

No School

Pizza Friday!

6

Cheese Pizza
Big Daddy
Garden Salad/Goldfish
Turkey & Cheese on Bun
Sides:
Side Salad/ Roasted Zucchini
Fruit of the Day
Choice of Milk

13

Cheese Pizza
Big Daddy
Chicken Ranch Salad/ Crackers
Ham & Cheese Sandwich
Sides:
Green Beans
Fruit of the Day
Choice of Milk

20

Cheese Pizza
Big Daddy
Chef Salad/ Goldfish
Egg Salad Croissant
Sides:
Carrot Sticks
Fruit of the Day
Choice of Milk

27

Cheese Pizza
Big Daddy
Buffalo Chicken Salad/ Goldfish
American Hoagie
Sides:
Carrot Sticks
Fruit of the Day
Choice of Milk

3

Cheese Pizza
Big Daddy
Chicken Pasta Salad
Turkey & Cheese on Kaiser
Sides:
Carrot Sticks
Fruit of the Day
Choice of Milk

10

No School