

OCTOBER 2023

Voorhees Township Public Schools Middle School 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 1223

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

USDA is an equal opportunity provider and employer.

Monday	Taco Tuesday	Wednesday	Thursday	Pizza Friday!
<p>2 Baked Ziti w/ Meat Sauce w/ Garlic Bread Chef Salad/ Goldfish Crackers Turkey & Spinach Wrap Sides: Side Salad/Grape Tomatoes Fruit of the Day Choice of Milk</p>	<p>Soft Beef Taco's w/ Toppings Chef Salad/ Goldfish Crackers Turkey & Spinach Wrap Sides: Brown Rice/ Corn Fruit of the Day Choice of Milk</p>	<p>4 Waffle Sticks w/ Sausage & Syrup Chef Salad/ Goldfish Crackers Turkey & Spinach Wrap Sides: Hash Brown & Cinnamon Apples Fruit of the Day Choice of Milk</p>	<p>5 Chicken Nuggets w/ dip Cup Chef Salad/ Goldfish Crackers Turkey & Spinach Wrap Sides: Mashed Potatoes/ Mixed Veggies Fruit of the Day Choice of Milk</p>	<p>6 Cheese Pizza Big Daddy Chef Salad/ Goldfish Crackers Turkey & Spinach Wrap Sides: Side Salad/ Roasted Zucchini Fruit of the Day Choice of Milk</p>
<p>9 School Closed</p>	<p>10 Nacho's Grande w/ Toppings Crispy Chicken Salad Italian Hoagie Sides: Brown Rice/ Corn Fruit of the Day Choice of Milk</p>	<p>11 Pasta Bar w/ Garlic Bread Crispy Chicken Salad Italian Hoagie Sides: Roasted Broccoli/ Side Salad Fruit of the Day Choice of Milk</p>	<p>12 Cheeseburger On Bun Crispy Chicken Salad Italian Hoagie Sides: Green Beans/ Potato Chips Fruit of the Day Choice of Milk EARLY DISMISSAL</p>	<p>13 Cheese Pizza Big Daddy Crispy Chicken Salad Italian Hoagie Sides: Green Beans Fruit of the Day Choice of Milk</p>
<p>16 Chicken Patt On Bun Popcorn Chicken Ranch Salad Ham & Cheese Croissant Sides: Mashed Potatoes/ Mixed Veggies Fruit of the Day Choice of Milk</p>	<p>17 Nachos Grande w/ Toppings Popcorn Chicken Ranch Salad Ham & Cheese Croissant Sides: Brown Rice/ Corn Fruit of the Day Choice of Milk</p>	<p>18 French Toast Sticks w/ Sausage Popcorn Chicken Ranch Salad Ham & Cheese Croissant Sides: Hash Brown/ Glazed Carrots Fruit of the Day Choice of Milk</p>	<p>19 Chicken Cacciatore /Pasta w/ Garlic Bread Popcorn Chicken Ranch Salad Ham & Cheese Croissant Sides: Side Salad/ Grape Tomatoes Fruit of the Day Choice of Milk</p>	<p>20 Cheese Pizza Big Daddy Popcorn Chicken Ranch Salad Ham & Cheese Croissant Sides: Carrot Sticks Fruit of the Day Choice of Milk</p>
<p>23 Chicken Quesadilla w/ Salsa Sour Cream Buffalo Chicken Salad/ Goldfish American Hoagie Sides: Buttered Pasta/ Peas Fruit of the Day Choice of Milk</p>	<p>24 Soft Beef Taco w/ Toppings Buffalo Chicken Salad/ Goldfish American Hoagie Sides: Brown Rice/ Corn Fruit of the Day Choice of Milk</p>	<p>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</p>	<p>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</p>	<p>27 Cheese Pizza Big Daddy Buffalo Chicken Salad/ Goldfish American Hoagie Sides: Carrot Sticks Fruit of the Day Choice of Milk</p>
<p>30 Mini Pancakes w/ Sausage & Syrup Chicken Pasta Salad Turkey & Cheese on Kaiser Sides: Hash Browns/ Glazed Carrots Fruit of the Day Choice of Milk</p>	<p>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</p>	<p>Nov. 1 Chunky Chicken Cheesesteak on Torpedo Roll Chicken Pasta Salad Turkey & Cheese on Kaiser Sides: French Fries/Sweet Peas Fruit of the Day Choice of Milk</p>	<p>2 Cheese Burger Deluxe Side-Let.-Tom.-Pickle Chicken Pasta Salad Turkey & Cheese on Kaiser Sides: Mac & Cheese/ Peas Fruit of the Day Choice of Milk</p>	<p>3 Cheese Pizza Big Daddy Chicken Pasta Salad Turkey & Cheese on Kaiser Sides: Carrot Sticks Fruit of the Day Choice of Milk</p>
<p>6 Sloppy Joe On Bun Garden Salad/Goldfish Turkey & Cheese on Bun Sides: Buttered Pasta/ Peas Fruit of the Day Choice of Milk</p>	<p>7 Nachos Grande w/ Toppings Garden Salad/Goldfish Turkey & Cheese on Bun Sides: Brown Rice/ Corn Fruit of the Day Choice of Milk</p>	<p>8 Cheese Pizza Big Daddy Garden Salad/Goldfish Turkey & Cheese on Bun Sides: Carrot Sticks Fruit of the Day Choice of Milk</p>	<p>9 No School</p>	<p>10 No School</p>