



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<b>2</b> Baked Ziti W/Meat Sauce Southwest/Garden Salad <i>Turkey &amp; Cheese Pinwheels</i>  <b>FEATURED VEGGIES</b> Garden Salad Veggies	<b>3</b> Chicken Fajita's Southwest/Garden Salad <i>Turkey &amp; Cheese Pinwheels</i>  <b>FEATURED VEGGIES</b> Veggies Brown Rice	<b>4</b> Breakfast Sandwich-Egg, Ham & Cheese Or Egg & Cheese Southwest/Garden Salad <i>Turkey &amp; Cheese Pinwheels</i>  <b>FEATURED VEGGIES</b> Hash Brown Veggies	<b>5</b> Chicken or Cheese Quesadilla Southwest/Garden Salad <i>Turkey &amp; Cheese Pinwheels</i>  <b>FEATURED VEGGIES</b> Garden Salad Veggies	<b>6</b> Cheesy Pizza Southwest/Garden Salad <i>Turkey &amp; Cheese Pinwheels</i>  <b>FEATURED VEGGIES</b> Veggies Cucumber Salad	<b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry  <b>Daily Alternates</b> PBJ Grab & Go Bagel Grab & Go  <b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
<b>9</b> Ham & Cheese Sliders(2) Chef/Garden Salad <i>Turkey &amp; Cheese Pinwheels</i>  <b>FEATURED VEGGIES</b> French Fries Veggies	<b>10</b> Soft beef Taco's Chef/Garden Salad <i>Ham &amp; Cheese Pinwheels</i>  <b>FEATURED VEGGIES</b> Veggies Rice	<b>11</b> Pancakes w/ Sausage Chef/Garden Salad <i>Ham &amp; Cheese Pinwheels</i>  <b>FEATURED VEGGIES</b> Hash Brown Potato Veggies	<b>12</b> Cheeseburger Sliders(2) Chef/Garden Salad <i>Ham &amp; Cheese Pinwheels</i>  <b>FEATURED VEGGIES</b> French Fries Veggies	<b>13</b> Cheesy Pizza Chef/Garden Salad <i>Ham &amp; Cheese Pinwheels</i>  <b>FEATURED VEGGIES</b> Garden Salad Veggies	
<b>16</b> Popcorn Chicken Caesar Salad <i>Turkey &amp; Cheese Sandwich</i>  <b>FEATURED VEGGIES</b> Veggies	<b>17</b> Chicken or Cheese Fajitas Caesar Salad <i>Turkey &amp; Cheese Sandwich</i>  <b>FEATURED VEGGIES</b> Veggies	<b>18</b> Chicken Cheesesteak Caesar Salad <i>Turkey &amp; Cheese Sandwich</i>  <b>FEATURED VEGGIES</b> Veggies	<b>19</b> Cheeseburger <b>Caesar Salad</b> <b>Turkey &amp; Cheese Sandwich</b>  <b>FEATURED VEGGIES</b>	<b>20</b> <b>School Closed</b>	
<b>23</b> Cheese Pizza Ham & Cheese Sandwich  <b>FEATURED VEGGIES</b> Veggies	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
<b>30</b>					
<b>Your Team</b> Tina Artusa, Food Service Director 856-795-2025 ext. 5223 VHS@NSFM.COM			<b>Meal Prices</b> Student Lunch \$3.25 Reduced Lunch \$0.00 Faculty Lunch \$5.25		