



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily							
2	3	4	5	6	<p>What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps PB&J Uncrutable Meal</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>							
9	10	11	12	13								
16	17	18	19	20								
23	24	25	26	27								
30												
<p>Your Team Tina Artusa, Food Service Director 856-795-2025 ext. 5223 VHS@NSFM.COM</p>			<p>Meal Prices</p> <table> <tr> <td>Student Lunch</td> <td>\$3.25</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$5.25</td> </tr> </table>			Student Lunch	\$3.25	Reduced Lunch	\$0.00	Faculty Lunch	\$5.25	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.