

Nov/Dec 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 5223

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

USDA is an equal opportunity provider and employer.

Monday

13

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

20

Pizza Dippers
W/ Side of Pasta
Crispy Chicken Salad
Italian Hoagie
Sides:
Side Salad/Grape Tomatoes
Fruit of the Day
Choice of Milk

27

Chicken Pattv
On Bun
Popcorn Chicken Ranch Salad
Ham & Cheese Croissant
Sides:
Mashed Potatoes/ Mixed Veggies
Fruit of the Day
Choice of Milk

4

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

11

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

18

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

Taco Tuesday

14

Soft Beef Taco's
w/ Topinias
Chef Salad/ Goldfish Crackers
Turkey & Spinach Wrap
Sides:
Brown Rice/ Corn
Fruit of the Day
Choice of Milk

21

Nacho's Grande
w/ Topinias
Crispy Chicken Salad
Italian Hoagie
Sides:
Brown Rice/ Corn
Fruit of the Day
Choice of Milk

28

Nachos Grande
w/ Topinias
Popcorn Chicken Ranch Salad
Ham & Cheese Croissant
Sides:
Brown Rice/ Corn
Fruit of the Day
Choice of Milk

5

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

12

Chicken Alfredo
Garlic Brea
Chicken Pasta Salad
Turkey & Cheese on Kaiser
Sides:
Roasted Broccoli/ Side Salad
Fruit of the Day
Choice of Milk

19

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

Wednesday

15

Waffle Sticks
W/ Sausage & Syrup
Chef Salad/ Goldfish Crackers
Turkey & Spinach Wrap
Sides:
Hash Brown & Cinnamon Apples
Fruit of the Day
Choice of Milk

22

Pasta Bar
w/ Garlic Bread
Crispy Chicken Salad
Italian Hoagie
Sides:
Roasted Broccoli/ Side Salad
Fruit of the Day
Choice of Milk

29

French Toast Sticks
W/ Sausage
Popcorn Chicken Ranch Salad
Ham & Cheese Croissant
Sides:
Hash Brown/ Glazed Carrots
Fruit of the Day
Choice of Milk

6

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

13

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

20

BBQ Pulled Pork Sandwich
On Bun
Garden Salad/Goldfish
Turkey & Cheese on Bun
Sides:
French Fries/Green Beans
Fruit of the Day
Choice of Milk

Thursday

16

Chicken Nuggets
W/ dip Cup
Chef Salad/ Goldfish Crackers
Turkey & Spinach Wrap
Sides:
Mashed Potatoes/ Mixed Veggies
Fruit of the Day
Choice of Milk

23

Cheeseburger
On Bun
Crispy Chicken Salad
Italian Hoagie
Sides:
Green Beans/ Potato Chips
Fruit of the Day
Choice of Milk
EARLY DISMISSAL

30

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

7

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

14

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

21

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

Pizza Friday!

17

Cheese Pizza
Big Daddy
Chef Salad/ Goldfish Crackers
Turkey & Spinach Wrap
Sides:
Side Salad/ Roasted Zucchini
Fruit of the Day
Choice of Milk

24

Cheese Pizza
Big Daddy
Crispy Chicken Salad
Italian Hoagie
Sides:
Green Beans
Fruit of the Day
Choice of Milk

Dec. 1st

School Closed

8

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

15

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

22

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