



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Beef Sot Taco's W/ Toppings Chef or Garden Salad Cheese or Turkey & Cheese Wrap FEATURED VEGGIES Street Corn Salad Brown Rice	2 BBQ Chicken Sliders on Hawaiian Rolls Chef or Garden Salad Cheese or Turkey & Cheese Wrap FEATURED VEGGIES Mixed Veggies French Fries	3 Hot Ham & Cheese on a Pretzel Roll Chef or Garden Salad Cheese or Turkey & Cheese Wrap FEATURED VEGGIES Baked Beans F/S Potato Chips	4 Cheese Pizza Chef or Garden Salad Cheese or Turkey & Cheese Wrap FEATURED VEGGIES Celery Sticks Carrot & Raisin Salad	What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry
7 Toasted Cheese Sandwich Chicken or Casar Salad Cheese or Ham & Cheese Wrap FEATURED VEGGIES Tomato Soup Tater Tots	8 Beef Soft Tacos Chicken or Casar Salad Cheese or Ham & Cheese Wrap FEATURED VEGGIES Refried Beans Brown Rice	9 Cowboy Burger on a Bun Chicken or Casar Salad Cheese or Ham & Cheese Wrap FEATURED VEGGIES Glazed Carrots Broccoli Salad	10 Corn Dog Chicken or Casar Salad Cheese or Ham & Cheese Wrap FEATURED VEGGIES Curly Fries Baked Beans	11 Cheese Pizza Chicken or Casar Salad Cheese or Ham & Cheese Wrap FEATURED VEGGIES Celery Sticks Carrot & Raisin Salad	
14 Bagel Sandwich Egg & Cheese or Ham & Cheese Chicken Ranch/Garden Buffalo Chicken Wrap FEATURED VEGGIES Hash Brown Glazed Carrots	15 Chicken Alfredo over Pasta W/ Garlic Knot Chicken Ranch/Garden Buffalo Chicken Wrap FEATURED VEGGIES Roasted Broccoli Garden Salad	16 Cheesesteak on a Roll Chicken Ranch/Garden Buffalo Chicken Wrap FEATURED VEGGIES French Fries Sweet Peas	17 Cheese Pizza Chicken Ranch/Garden Buffalo Chicken Wrap FEATURED VEGGIES Celery Sticks Carrot & Raisin Salad	18 School Closed	
21 School Closed	22 School Closed	23 School Closed	24 School Closed	25 School Closed	Daily Alternates PBJ Grab & Go Bagel Grab & Go
28 Chicken & Mashed Potato Bowl with Roll Chef/Garden Salad Ham & Cheese wrap FEATURED VEGGIES Mashed Potatoes Corn	29 Nachos Grande W/Fixings Chef/Garden Salad Ham & Cheese Wrap FEATURED VEGGIES Black Bean Salsa Brown Rice	30 Egg & Cheese Pancake Sandwich Chef/Garden Salad Ham & Cheese Wrap FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices			
Your Team Tina Artusa, Food Service Director 856-795-2025 ext. 5223 VHS@NSFM.COM			Meal Prices Student Lunch \$3.25 Reduced Lunch \$0.00 Faculty Lunch \$5.25		