

September 2023

Elementary Lunch

Osage

 = Vegetarian Ingredients  = Gluten-Free Ingredients

DAILY ALTERNATE:

1. PB&J Craveable Meal

FRUIT: Fresh, Cupped & 100% Fruit Juice

MILK: Skim White, Skim Chocolate, Skim Strawberry, 1% White, Lactaid

CAFÉ CONTACT INFO:

Tammy Delquadro Manager
VHS@nsfm.com
Phone: 856-428-2990 ext 4181
*Menu subject to change

Lunch Includes:

Protein Grain Fruit Veggie Milk

Choose at least 3 out of 5 components— 1 must be a fruit or veggie.
You may take 2 fruits & 2 veggies!

Lunch Prices

Student Paid: \$3.15
Reduced Status: \$0.40
Adult Lunch: \$5.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>School Closed</p>		<p>5</p> <p>School Closed</p>	<p>6</p> <p>School Closed</p>	<p>7</p> <p>Featured Entree Chicken Patty Sandwich Garden Salad w/ dinner roll Crispy Chicken Wrap <u>Sides:</u> Broccoli/ Tomato Salad Fruit of the Day</p>
<p>8</p> <p>School Closed</p>	<p>9</p> <p>School Closed</p>	<p>10</p> <p>School Closed</p>	<p>11</p> <p>Featured Entree Cali Cheeseburger Savory Watermelon Salad Ham & Cheese Hoagie <u>Sides:</u> French Fries/ Baked Beans Cucumbers Fruit of the Day</p>	<p>12</p> <p>Featured Entree Cheese Steak Hoagie Savory Watermelon Salad Turkey & Cheese Croissant <u>Sides:</u> Sweet Potato Fries/ Red Pepper Slices Fruit of the Day</p>
<p>13</p> <p>Featured Entree All Beef Hotdog Chicken Caesar Pasta Salad Egg Salad on Bun <u>Sides:</u> Baked Beans/ Fries Grape Tomato's Fruit of the Day</p>	<p>14</p> <p>Featured Entree Fish Sticks Chicken Caesar Pasta Salad Ham & Cheese Hoagie <u>Sides:</u> Stewed Tomato/Mac & Cheese Broccoli Bites Fruit of the Day</p>	<p>15</p> <p>Featured Entree South West Chicken Bowl Savory Watermelon Salad Egg Salad Croissant <u>Sides:</u> Black Bean Salsa/ Rice Fruit of the Day</p>	<p>16</p> <p>Featured Entree Beef-a-Roni Savory Watermelon Salad Ham & Cheese Hoagie <u>Sides:</u> Green Beans/ Salad Celery Fruit of the Day</p>	<p>17</p> <p>Featured Entree Pizza Savory Watermelon Salad Egg Salad Croissant <u>Sides:</u> Salad/ Veggies w/ Hummus Fruit of the Day</p>
<p>18</p> <p>School Closed</p>	<p>19</p> <p>School Closed</p>	<p>20</p> <p>Featured Entree Mozzarella Sticks Chef Salad Chicken Fajita wrap <u>Sides:</u> Buttered Pasta/Glazed Carrots/Cucumbers Fruit of the Day</p>	<p>21</p> <p>Featured Entree Chicken Alfredo Chicken Caesar Pasta Salad Ham & Cheese Hoagie <u>Sides:</u> Broccoli/ Baby Carrots Fruit of the Day</p>	<p>22</p> <p>Featured Entree Pizza Chicken Caesar Pasta Salad Egg Salad on Bun <u>Sides:</u> Side Salad Veggies w/ Hummus Fruit of the Day</p>
<p>23</p> <p>School Closed</p>	<p>24</p> <p>School Closed</p>	<p>25</p> <p>Featured Entree Chicken Fajitas Chef Salad Egg Salad Croissant <u>Sides:</u> Rice/ Corn/Celery Fruit of the Day</p>	<p>26</p> <p>Featured Entree Chicken Nuggets/ Pretzel Rod Chef Salad Italian Hoagie <u>Sides:</u> Green Beans/ Mashed Potato Fruit of the Day</p>	<p>27</p> <p>Featured Entree Pizza Chef Salad Alternate Menu Item 2 <u>Sides:</u> Side Salad Veggies w/ Hummus Fruit of the Day</p>

View your lunch account: www.schoolpaymentportal.com