



Meet Your Nutritious Friend:
"Papa" Corn

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Pasta w/Meat Sauce & a Breadstick Ham & Cheese Sandwich FEATURED VEGGIE Carrots	2 Hot Dog Ham & Cheese Sandwich FEATURED VEGGIE Bean Salad	3 Chicken Nuggets w/Seasoned Rice Ham & Cheese Sandwich FEATURED VEGGIE Corn	4 Pizza Ham & Cheese Sandwich FEATURED VEGGIE Side 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 Baby Carrots, Cucumbers, Celery Sticks, Broccoli Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, or chocolate,
7 Pizza Crunchers Turkey & Cheese Sandwich FEATURED VEGGIE Peas	8 Soft Shell Tacos w/Seasoned Rice Turkey & Cheese Sandwich FEATURED VEGGIE Corn	9 Cheese Steak Turkey & Cheese Sandwich FEATURED VEGGIE French Fries	10 Baked Chicken Turkey & Cheese Sandwich FEATURED VEGGIE Sweet Potatoes	11 Pizza Turkey & Cheese Sandwich FEATURED VEGGIE Side Salad	
14 Cheeseburger Ham & Cheese Sandwich FEATURED VEGGIE Baked Beans	15 Pasta w/Meat Sauce & a Breadstick Ham & Cheese Sandwich FEATURED VEGGIE Side Salad	16 Pancakes w/Bacon Ham & Cheese Sandwich FEATURED VEGGIE Potato Wedges	17 Chicken Teriyaki Over Rice Ham & Cheese Sandwich FEATURED VEGGIE Steamed Broccoli	18 Pizza Ham & Cheese Sandwich FEATURED VEGGIE Side Salad	
21 Grilled Cheese Sandwich Turkey & Cheese Sandwich FEATURED VEGGIE Carrots	22 Nachos Grande Turkey & Cheese Sandwich FEATURED VEGGIE Corn	23 Hot Dog Turkey & Cheese Sandwich FEATURED VEGGIE Bean Salad	24 Baked Chicken Turkey & Cheese Sandwich FEATURED VEGGIE Sweet Potatoes	25 Pizza Turkey & Cheese Sandwich FEATURED VEGGIE Side Salad	
28 Cheeseburger Ham & Cheese Sandwich FEATURED VEGGIE French Fries	29 Chicken Quesadillas Ham & Cheese Sandwich FEATURED VEGGIE Corn	30 Bacon, Egg & Cheese On a Bagel Ham & Cheese Sandwich FEATURED VEGGIE Potato Wedges	31 Chicken Patty Sandwich Ham & Cheese Sandwich FEATURED VEGGIE Green Beans		
Your Team Dawn Edmonds, Kitchen Manager 609-387-2200 ext. 217 bev2@nsfm.com	Meal Prices Student Lunch \$3.00 Reduced Lunch \$0.00 Faculty Lunch \$3.50				

(V) Vegetarian
 These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
(VG) Vegan
 These items do not contain any animal products



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.