



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily							
		1	2	3	<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Baby Carrots, Cucumbers, Celery Sticks, Broccoli</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, or chocolate,</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>							
6 Grilled Cheese Buffalo Chicken Wrap  <b>FEATURED VEGGIE</b> Green Beans	7 Pasta w/Meat Sauce & a Breadstick Buffalo Chicken Wrap  <b>FEATURED VEGGIE</b> Peas	8 Hot Dog Buffalo Chicken Wrap  <b>FEATURED VEGGIE</b> French Fries	9 BBQ Baked Chicken w/Seasoned Rice Buffalo Chicken Wrap  <b>FEATURED VEGGIE</b> Corn	10 Pizza Buffalo Chicken Wrap  <b>FEATURED VEGGIE</b> Side Salad								
13 Cheeseburger Buffalo Chicken Salad  <b>FEATURED VEGGIE</b> Baked Beans	14 Nachos Grande Buffalo Chicken Salad  <b>FEATURED VEGGIE</b> Corn	15 Pancakes w/Sausage Links Buffalo Chicken Salad  <b>FEATURED VEGGIE</b> Smile Fries	16 Chicken Teriyaki w/Seasoned Rice Buffalo Chicken Salad  <b>FEATURED VEGGIE</b> Steamed Broccoli	17 Pizza Buffalo Chicken Salad  <b>FEATURED VEGGIE</b> Side Salad								
20 No School	21 Pasta w/Meat Sauce & a Breadstick Taco Wrap  <b>FEATURED VEGGIE</b> Peas	22 Bacon, Egg & Cheese on a Bagel Taco Wrap  <b>FEATURED VEGGIE</b> French Fries	23 BBQ Baked Chicken w/Seasoned Rice Taco Wrap  <b>FEATURED VEGGIE</b> Corn	24 Pizza Taco Wrap  <b>FEATURED VEGGIE</b> Side Salad								
27 Pizza burger Chicken Fajita Wrap  <b>FEATURED VEGGIE</b> Green Beans	28 Sloppy Joe Chicken Fajita Wrap  <b>FEATURED VEGGIE</b> Carrots	29 Cheese Steak Chicken Fajita Wrap  <b>FEATURED VEGGIE</b> French Fries	30 Chicken Nuggets w/Seasoned Rice Chicken Fajita Wrap  <b>FEATURED VEGGIE</b> Corn	31 Pizza Chicken Fajita Wrap  <b>FEATURED VEGGIE</b> Side Salad								
<p><b>Your Team</b> Dawn Edmonds, Kitchen Manager 609-387-2200 ext. 217 bev2@nsfm.com</p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Lunch</td> <td>\$3.00</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$3.50</td> </tr> </table>			Student Lunch	\$3.00	Reduced Lunch	\$0.00	Faculty Lunch	\$3.50	
Student Lunch	\$3.00											
Reduced Lunch	\$0.00											
Faculty Lunch	\$3.50											

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