



**Meet Your Nutritious Friend:
You "Tuber"**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 BBQ Baked Chicken with Dinner Roll Chicken Ceasar Wrap Grilled Chicken Salad FEATURED VEGGIES Baby Carrots Chickpea Salad	3 Nachos Grande with Tortilla Chips Chicken Patty On a Bun FEATURED VEGGIES Refried Beans 100% Apple Juice	4 French Toast Sticks with Sausage Turkey & Cheese Sandwich Taco Salad FEATURED VEGGIES Tater Tots Chickpea Salad	5 Mini Corn Dogs Chicken Cheesesteak FEATURED VEGGIES Curly Fries 100% Apple Juice	6 12:15 Dismissal Hot Dog On a Bun FEATURED VEGGIES Lay's Chips 100% Apple Juice	What is a Meal? Students 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, 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, chocolate, and strawberry
9 Popcorn Chicken with a Breadstick Classic Sloppy Joe on a Roll Grilled Chicken Salad FEATURED VEGGIES Green Beans Chickpea Salad	10 Bacon Cheeseburger On a Bun Turkey & Cheese Sandwich FEATURED VEGGIES Steamed Peas 100% Apple Juice	11 Mini Waffles with Sausage Ham & Cheese Sandwich Winter Pear Salad FEATURED VEGGIES Hashbrown Patty Celery Sticks	12 Pizza Crunchers Bagel with Yogurt and Cheese Stick FEATURED VEGGIES Carrot Coins 100% Apple Juice	13 12:15 Dismissal Chicken Patty On a Bun FEATURED VEGGIES Lay's Chips 100% Apple Juice	
16 Pizza Dippers with Marinara Cup BBQ Ribby On a Roll Grilled Chicken Salad FEATURED VEGGIES Tomato Salsa & Sour Cream Cucumber Slices	17 Grilled Cheese Chicken Cheesesteak Wrap FEATURED VEGGIES Tomato Soup 100% Apple Juice	18 Dutch Waffle with Sausage Turkey & Cheese Sandwich Winter Pear Salad FEATURED VEGGIES Tri Patty Taters Carrot Sticks	19 Cheeseburger On a Bun Hot Dog on a Bun FEATURED VEGGIES Baked Beans 100% Apple Juice	20 12:15 Dismissal No Lunch served No Aftercare	
23	24	25	26	27	
30	31				
Your Team Donna Daly, Food Service Director 856-629-6190 ext 317 smw@nsfm.com			Meal Prices Student Lunch \$3.30 Reduced Lunch \$0.00 8 oz Water Bottle \$0.80		