

# OCTOBER 2023

# Hainesport School Lunch Menu

Lunch Prices Student \$0.00 Reduced \$4.00 Adult \$0.00 General Manager Phone Number Email \*Menu subject to change. USDA is an equal opportunity provider and employer.

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

### Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

### Beans/Peas

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

### Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!  
DAILY ALTERNATES.**

**PB&J  
Bagel Bag  
Cereal Bag**



Lunch Prices  
Student \$3.00

Adult \$4.00

Food Service Director  
Kim Onori

Phone Number  
609 267 1316 x 213

Email: [hai@nsfm.co](mailto:hai@nsfm.co)

\*Menu subject to change.

## Monday

**2**

Cheeseburger

### Featured Veggies:

French Fries  
Baby Carrots  
Featured Fruit  
Choice of Milk

## Taco Tuesday

**3**

Nachos

### Featured Veggies:

Corn  
Cucumber Slices  
Featured Fruit  
Choice of Milk

## Wednesday

**4**

Chicken Patty Sandwich

### Featured Veggies:

Carrots  
Celery Sticks  
Featured Fruit  
Choice of Milk

## Thursday

**5**

Pancakes  
Sausage Patty

### Featured Veggies:

Homefries  
Broccoli  
Featured Fruit  
Choice of Milk

## Pizza Friday!

**6**

Cheese Pizza

### Featured Veggies:

Garden Salad  
Variety  
Featured Fruit  
Choice of Milk

**9**

In-Service  
School Closed

**10**

Soft Shell  
Chicken Tacos

### Featured Veggies:

Corn  
Baby Carrots  
Featured Fruit  
Choice of Milk

**11**

Asian Popcorn Chicken  
over rice

### Featured Veggies:

Broccoli  
Cucumber Slices  
Featured Fruit  
Choice of Milk

**12**

Grilled Cheese  
with Tomato Soup

### Featured Veggies:

Green Beans  
Broccoli  
Featured Fruit  
Choice of Milk

**13**

Cheese Pizza

### Featured Veggies:

Garden Salad  
Variety  
Featured Fruit  
Choice of Milk

**16**

Hot Ham & Cheese  
on Pretzel Bun

### Featured Veggies:

Potato Wedges  
Celery Sticks  
Featured Fruit  
Choice of Milk

**17**

Nachos

### Featured Veggies:

Corn  
Carrot Sticks  
Featured Fruit  
Choice of Milk

**18**

Chicken Teriyaki  
over rice

### Featured Veggies:

Peas  
Cucumber Slices  
Featured Fruit  
Choice of Milk

**19**

Hot Dogs

### Featured Veggies:

Baked Beans  
Broccoli  
Featured Fruit  
Choice of Milk

**20**

Cheese Pizza

### Featured Veggies:

Garden Salad  
Variety  
Featured Fruit  
Choice of Milk

**23**

Fish Sticks  
w/corn muffin

### Featured Veggies:

Potato Wedges  
Baby Carrots  
Featured Fruit  
Choice of Milk

**24**

Soft Shell  
Chicken Tacos

### Featured Veggies:

Corn  
Broccoli  
Featured Fruit  
Choice of Milk

**25**

Chicken Parmesan  
Sandwich

### Featured Veggies:

Green Beans  
Cucumber Slices  
Featured Fruit  
Choice of Milk

**26**

Mac & Cheese

### Featured Veggies:

Peas  
Celery Sticks  
Featured Fruit  
Choice of Milk

**27**

Cheese Pizza

### Featured Veggies:

Garden Salad  
Variety  
Featured Fruit  
Choice of Milk

**30**

Pulled Pork  
Sandwich

### Featured Veggies:

Oven Fries  
Baby Carrots  
Featured Fruit  
Choice of Milk

**31**

Nachos

### Featured Veggies:

Corn  
Cucumber Slices  
Featured Fruit  
Choice of Milk