



| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily  |
|--------|---------|-----------|----------|--------|--|
| 2      | 3       | 4         | 5        | 6      | <p><b>What is a Meal?</b><br/>You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</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 breakfast.</p> <p><b>Choice of Fruit</b><br/>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b><br/>1% white, chocolate,</p> <p><b>(V) Vegetarian</b><br/><i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> |
| 9      | 10      | 11        | 12       | 13     |  |
| 16     | 17      | 18        | 19       | 20     |  |
| 23     | 24      | 25        | 26       | 27     |  |
| 30     |         |           |          |        |  |
|        |         |           |          |        |  |
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| <p><b>Contact Info</b><br/>Kim Onori, Food Service Director<br/>609-261-13160 ext. 213<br/><a href="mailto:HAI@nsfm.com">HAI@nsfm.com</a></p> |
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|--|-------------------|--------|-------------------|--------|-------------------|--------|
| <p><b>Meal Prices</b></p> <table> <tr> <td>Student Breakfast</td> <td>\$2.25</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$3.00</td> </tr> </table> | Student Breakfast | \$2.25 | Reduced Breakfast | \$0.00 | Faculty Breakfast | \$3.00 |
| Student Breakfast  | \$2.25            |        |                   |        |                   |        |
| Reduced Breakfast  | \$0.00            |        |                   |        |                   |        |
| Faculty Breakfast  | \$3.00            |        |                   |        |                   |        |





| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Offered Daily   |
|--|--|---|--|---|---|
| 2  | 3  | 4   | 5<br><b>Welcome Back!</b><br>Cheeseburger<br><br><b>FEATURED VEGGIES</b><br>French Fries<br>Fruit of the Day | 6<br>Cheese Pizza<br><br><b>FEATURED VEGGIES</b><br>Garden Salad<br>Fruit of the Day  | <b>What is a Meal?</b><br>You must choose at least 3 of the 5 components available for the school lunch price.<br><br>- Choice of Whole Grain<br>- Choice of Protein<br>- Choice of Vegetable<br>- Choice of Fruit<br>- Choice of Milk<br><br>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.<br><br><b>Choice of Vegetable</b><br>Hot vegetable, fresh vegetables<br><br><b>Choice of Fruit</b><br>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice<br><br><b>Choice of Milk</b><br>1% white,, chocolate,<br><br><b>Daily Alternates</b><br>Fresh Entree Salad of the Week<br><br>Weekly Cold Cut Sandwiches or Wraps<br><br>PB&J Uncrustable Meal<br><br>Bagel Bag<br><br>Cereal Bag<br><br><b>(V) Vegetarian</b><br><i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> |
| <b>Meatless Monday</b> 9<br>Chicken Tender<br>or<br>Plant-Based Chix Nuggets<br><br><b>FEATURED VEGGIES</b><br>Tater Tots<br>Fruit of the Day      | 10<br>Nachos Grande with Tortilla Chips<br><br><b>FEATURED VEGGIES</b><br>Corn<br>Fruit of the Day | 11<br>Asian Chicken over Rice<br><br><b>FEATURED VEGGIES</b><br>Peas<br>Fruit of the Day          | 12<br>Pancakes<br>Sausage Patty<br><br><b>FEATURED VEGGIES</b><br>Hash Browns<br>Fruit of the Day            | 13<br>Cheese Pizza<br><br><b>FEATURED VEGGIES</b><br>Garden Salad<br>Fruit of the Day |   |
| <b>Meatless Monday</b> 16<br>Cheeseburger<br>or<br>Beyond Burger<br><br><b>FEATURED VEGGIES</b><br>Baked Beans<br>Fruit of the Day                 | 17<br>Soft Shell Chicken Tacos<br><br><b>FEATURED VEGGIES</b><br>Corn<br>Fruit of the Day          | 18<br>Chicken Patty Sandwich<br><br><b>FEATURED VEGGIES</b><br>Green Beans<br>Fruit of the Day    | 19<br>Bacon, Egg & Cheese<br><br><b>FEATURED VEGGIES</b><br>Hash Browns<br>Fruit of the Day                  | 20<br>Cheese Pizza<br><br><b>FEATURED VEGGIES</b><br>Garden Salad<br>Fruit of the Day |   |
| <b>Meatless Monday</b> 23<br>Chicken Tenders<br>or<br>Plant-Based Chix Nuggets<br><br><b>FEATURED VEGGIES</b><br>Potato Wedges<br>Fruit of the Day | 24<br>Nachos Grande with Tortilla Chips<br><br><b>FEATURED VEGGIES</b><br>Corn<br>Fruit of the Day | 25<br>Chicken Teriyaki<br>Over rice<br><br><b>FEATURED VEGGIES</b><br>Carrots<br>Fruit of the Day | 26<br>Corn Dogs<br><br><b>FEATURED VEGGIES</b><br>Broccoli with Cheese<br>Fruit of the Day                   | 27<br>Cheese Pizza<br><br><b>FEATURED VEGGIES</b><br>Garden Salad<br>Fruit of the Day |   |
| <b>Meatless Monday</b> 30<br>Cheeseburger<br>Or<br>Beyond Burger<br><br><b>FEATURED VEGGIES</b><br>Sweet Potato Fries<br>Fruit of the Day          |  |   |  |   |   |
| <b>Contact Info</b><br>Kim Onori, Food Service Director<br>609-261-1316 ext. 213<br><a href="mailto:HAI@nsfm.com">HAI@nsfm.com</a>                 |  |   | <b>Meal Prices</b><br>Student Lunch \$3.25<br>Reduced Lunch \$0.00<br>Faculty Lunch \$4.00                   |   |   |