

September 2023

Elementary Lunch

Hainesport

🌱 = Vegetarian Ingredients 🌾 = Gluten-Free Ingredients

FRUIT: Fresh, Cupped & 100% Fruit Juice
MILK: Skim Chocolate, Skim Strawberry,
 1% White



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| CAFÉ CONTACT INFO: Kim Onori, FSD hai@nsfm.com Phone: 609-267-1316 ext213 *Menu subject to change | | Lunch Includes: Protein Grain Fruit Veggie Milk Choose at least 3 out of 5 components— 1 must be a fruit or veggie. You may take 2 fruits & 2 veggies! Lunch Prices Student Paid: \$3.00 Free & Reduced Status: free! Adult Lunch: \$4.00 | | 1 Cold Veggies: M– Baby Carrots T-Cucumber Slices W-Celery Sticks TH-Broccoli F-Variety |
| 4 | 5 | 6 | 7 Cheeseburger on a Bun Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Oven Baked Fries Pineapple | 8 Cheese Pizza Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Caesar Side Salad Mixed Fruit |
| 11 Fish Sticks w/ Corn Muffin Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Potato Wedges Peach Cup | 12 Nacho Grande' w/Toppings Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Golden Corn Blueberries w/Topping | 13 Chicken Parm Sandwich Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Glazed Carrots Pears | 14 Sausage, Egg & Cheese on a Roll Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Tater Tots Strawberries | 15 Cheese Pizza Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Side Garden Salad Applesauce |
| 18 Ham & Cheese on a Kaiser w/Chips Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Green Beans Pineapple | 19 Soft Shell Chicken Tacos Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Golden Corn Mixed Fruit | 20 Macaroni & Cheese Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Baked Beans Peaches | 21 Popcorn Chicken w/ Dinner Roll Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Oven Baked Fries Blueberries | 22 Cheese Pizza Description Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Caesar Side Salad Strawberries |
| 25 CLOSED | 26 Soft Shell Tacos w/Toppings Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Golden Corn Cinnamon Applesauce | 27 Spaghetti w/Meatballs Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Green Beans Pears | 28 Asian Chicken w/Rice PB & Jelly <u>Sides:</u> Broccoli Mandarin Oranges | 29 Cheese Pizza Bagel/Cereal Bag PB & Jelly <u>Sides:</u> Side Garden Salad Canned Fruit Variety |

View your lunch account: www.schoolpaymentportal.com