



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1	2	3	<p>What is a Meal?</p> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>Daily Alternates</p> <p>Monday- Ham & Cheese Hoagie Tuesday- Chicken Caesar Salad Wednesday- Bologna & Cheese Thursday- Turkey & Cheese Wrap Friday- Italian Hoagie</p>
6	7	8	9	10	
Pancakes and Sausage Links Ham & Cheese Hoagie	Chicken Patty on Bun Chicken Caesar Salad	Mini Corn Dogs Bologna & Cheese	Mozzarella Sticks w. Marinara Sauce Turkey & Cheese Wrap	Pizza by the Slice	
FEATURED VEGGIES Apple Sauce Veggie Patch	FEATURED VEGGIES French Fries Veggie Patch	FEATURED VEGGIES Green Beans Veggie Patch	FEATURED VEGGIES Cucumbers & Ranch Veggie Patch	FEATURED VEGGIES Side Caesar Salad Veggie Patch	
13	14	15	16	17	
French Toast and Scrambled Eggs Ham & Cheese Hoagie	Twin Beef Hard Tacos Chicken Caesar Salad	Cheeseburger on a Bun Bologna & Cheese	Macaroni & Cheese w. Dinner Roll Turkey & Cheese Wrap	Pizza by the Slice	
FEATURED VEGGIES Carrots Veggie Patch	FEATURED VEGGIES Cheesy Rice Veggie Patch	FEATURED VEGGIES Smiles Veggie Patch	FEATURED VEGGIES Steamed Broccoli Veggie Patch	FEATURED VEGGIES Side Caesar Salad Veggie Patch	
20	21	22	23	24	
	Pizza Crunchers Chicken Caesar Salad	Meatballs & Penne Pasta w. a Breadstick Bologna & Cheese	Chicken Nuggets & Buttered Noodles Turkey & Cheese Wrap	Pizza by the Slice	
	FEATURED VEGGIES Chick Pea Salad Veggie Patch	FEATURED VEGGIES Mixed Veggies Veggie Patch	FEATURED VEGGIES Glazed Carrots Veggie Patch	FEATURED VEGGIES Side Caesar Salad Veggie Patch	
27	28	29	30	31	
Grilled Cheese on Texas Toast Ham & Cheese Hoagie	Walking Beef Tacos Chicken Caesar Salad	Fish Sticks w. Dinner Roll Bologna & Cheese	Hot Dog on a Bun Turkey & Cheese Wrap	Pizza by the Slice	
FEATURED VEGGIES Sweet Corn Veggie Patch	FEATURED VEGGIES Spanish Rice Veggie Patch	FEATURED VEGGIES Tater Tots Veggie Patch	FEATURED VEGGIES BBQ Baked Beans Veggie Patch	FEATURED VEGGIES Side Caesar Salad Veggie Patch	
<p>Your Team</p> <p>Katie Mowry, Food Service Director 856.456.7000 ext. 4044 GLC@NSFM.com</p>			<p>Meal Prices</p> <p>Student Lunch \$0.00 Reduced Lunch \$0.00 Faculty Lunch \$4.00</p>		 <p>NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz</p>