



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
		1	2	3	<p><b>What is a Meal?</b></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"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</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 lunch.</p> <p><b>Vegetable</b></p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Milk</b></p> <p>1% white</p> <p><b>Daily Alternates</b></p> <p>Monday- Ham &amp; Cheese Hoagie Tuesday- Chicken Caesar Salad Wednesday- Bologna &amp; Cheese Thursday- Turkey &amp; Cheese Wrap Friday- Italian Hoagie</p> <div style="text-align: center;"></div>						
				Pizza by the Slice Italian Hoagie  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch							
6	7	8	9	10							
Pancakes and Sausage Links Ham & Cheese Hoagie  <b>FEATURED VEGGIES</b> Apple Sauce Veggie Patch	Roasted Turkey Breast w. Mashed Potatoes Chicken Caesar Salad  <b>FEATURED VEGGIES</b> Corn Veggie Patch	Mini Corn Dogs Bologna & Cheese  <b>FEATURED VEGGIES</b> Green Beans Veggie Patch	Mozzarella Sticks w. Marinara Sauce Turkey & Cheese Wrap  <b>FEATURED VEGGIES</b> Cucumbers & Ranch Veggie Patch	Pizza by the Slice Italian Hoagie  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch							
13	14	15	16	17							
French Toast and Scrambled Eggs Ham & Cheese Hoagie  <b>FEATURED VEGGIES</b> Carrots Veggie Patch	Twin Beef Hard Tacos Chicken Caesar Salad  <b>FEATURED VEGGIES</b> Cheesy Rice Veggie Patch	Cheeseburger on a Bun Bologna & Cheese  <b>FEATURED VEGGIES</b> Smiles Veggie Patch	Macaroni & Cheese w. Dinner Roll Turkey & Cheese Wrap  <b>FEATURED VEGGIES</b> Steamed Broccoli Veggie Patch	Pizza by the Slice Italian Hoagie  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch							
20	21	22	23	24							
	Pizza Crunchers Chicken Caesar Salad  <b>FEATURED VEGGIES</b> Chick Pea Salad Veggie Patch	Meatballs & Penne Pasta w. a Breadstick Bologna & Cheese  <b>FEATURED VEGGIES</b> Mixed Veggies Veggie Patch	Chicken Nuggets & Buttered Noodles Turkey & Cheese Wrap  <b>FEATURED VEGGIES</b> Glazed Carrots Veggie Patch	Pizza by the Slice Italian Hoagie  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch							
27	28	29	30	31							
Grilled Cheese on Texas Toast Ham & Cheese Hoagie  <b>FEATURED VEGGIES</b> Sweet Corn Veggie Patch	Turkey and Cheese Wrap Chicken Caesar Salad  <b>FEATURED VEGGIES</b> Grape Tomatoes & Ranch Veggie Patch	Fish Sticks w. Dinner Roll Bologna & Cheese  <b>FEATURED VEGGIES</b> Tater Tots Veggie Patch	Hot Dog on a Bun Turkey & Cheese Wrap  <b>FEATURED VEGGIES</b> BBQ Baked Beans Veggie Patch	Pizza by the Slice Italian Hoagie  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch							
<p><b>Your Team</b></p> <p><b>Katie Mowry, Food Service Director</b> 856.456.7000 ext. 4044 <a href="mailto:GLC@NSFM.com">GLC@NSFM.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.00</td> </tr> </table>		Student Lunch	\$0.00	Reduced Lunch	\$0.00	Faculty Lunch	\$4.00	 <p><b>NUTRI-SERVE</b> FOOD MANAGEMENT, INC. by Metz</p>
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Reduced Lunch	\$0.00										
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.