



Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Cheeseburger on a Bun Chef/Garden Salad Ham & Cheese Wrap FEATURED VEGGIES Mixed Veggies Pasta Salad	2 Cheese Pizza Chef/Garden Salad Ham & Cheese Wrap FEATURED VEGGIES Baby Carrots Garden Salad	What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry
5 Meatball Parm Sandwich Chicken or Caesar Salad <i>Turkey & Cheese Wrap</i> FEATURED VEGGIES Oven Fries Celery Sticks	6 Nacho's Grande Chicken or Caesar Salad <i>Turkey & Cheese Wrap</i> FEATURED VEGGIES Brown Rice Cucumber Slices	7 Cheese or Chicken Quesadilla Chicken or Caesar Salad <i>Turkey & Cheese Wrap</i> FEATURED VEGGIES Mashed Potatoes Green Pepper Strips	8 Cheeseburger on a Bun Chicken or Caesar Salad <i>Turkey & Cheese Wrap</i> FEATURED VEGGIES Green Beans Corn Salad	9 Cheese Pizza Chicken or Caesar Salad <i>Turkey & Cheese Wrap</i> FEATURED VEGGIES Carrot Sticks Garden Salad	
12 Turkey & Cheese Melt on a Pretzel Bun Chicken Ranch/Garden Buffalo Chicken Wrap FEATURED VEGGIES Mashed Potatoes Mixed Veggies	13 Baked Ziti W/Meat sauce or Marinara & Garlic Knot Chicken Ranch/Garden Buffalo Chicken Wrap FEATURED VEGGIES Sweet Peas Tomato Salad	14 Chicken Nuggets Ranch/Garden Buffalo Chicken Wrap FEATURED VEGGIES Broccoli Bites Brown Rice	15 Cheeseburger on a Bun Chicken Ranch/Garden Buffalo Chicken Wrap FEATURED VEGGIES Baked Beans French Fries	16 Cheese Pizza Chicken Ranch/Garden Buffalo Chicken Wrap FEATURED VEGGIES Cucumber Slices Carrot & Raisin Salad	
19 Toasted Cheese Sandwich Chef/Garden Salad Ham & Cheese Wrap FEATURED VEGGIES Tomato Soup Cucumber Slices	20 Beef Soft Tacos Chef/Garden Salad Ham & Cheese Wrap FEATURED VEGGIES Golden Corn Brown Rice	21 French Toast Sticks W/Sausage Links Chef/Garden Ham & Cheese Wrap FEATURED VEGGIES Hash Browns Glazed Carrots	22 Cheeseburger on a Bun Chef/Garden <i>Ham & Cheese Wrap</i> FEATURED VEGGIES Curly Fries Apple Cider Slaw	23 Cheese Pizza Chef/Garden <i>Ham & Cheese Wrap</i> FEATURED VEGGIES Baby Carrots Garden Salad	
26 Classic Sloppy Joe on Hawaiian Roll Chicken/Caesar Salad Turkey & Cheese Wrap FEATURED VEGGIES Oven Fries Pepper Strips	27 All Beef Hotdog on Bun Chicken/Caesar Salad Turkey & Cheese Wrap FEATURED VEGGIES Baked Beans Potato Chips	28 Chicken Alfredo Pasta W/Breadstick Chicken/Caesar Salad Turkey & Cheese Wrap FEATURED VEGGIES Mixed Veggies Garden Salad	29 Cheeseburger on a Bun Chicken/Caesar Salad Turkey & Cheese Wrap FEATURED VEGGIES Glazed Carrots Celery Sticks with Ranch	30 Cheese Pizza Chicken/Caesar Salad Turkey & Cheese Wrap FEATURED VEGGIES Cherry Tomatoes Cucumber Slices	
Your Team Tina Artusa, Food Service Director 856-795-2025 ext. 5223 VHS@NSFM.COM			Meal Prices Student Lunch \$3.25 Reduced Lunch \$0.00 Faculty Lunch \$5.25		

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.