

# February 2024

## Elementary Lunch

Laurel Springs School District

### DAILY ALTERNATES:

1. Cereal Bag ( Ast. Cereal cheese stick yogurt Goldfish Crackers)

**FRUIT:** Fresh, Cupped & 100% Fruit Juice

**MILK:** Skim White, Skim Chocolate, Skim Strawberry, 1% White, Lactaid

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Includes: Protein Grain Fruit Veggie Milk</b> Choose at least 3 out of 5 components— 1 must be a fruit or veggie. You may take 2 fruits & 2 veggies!			<b>1</b> <b>Mozzarella Sticks</b> With Roll Dipping Sauce Italian Hoagie <u>Sides:</u> Celery and Greenbeans Cupped Fruit / Fresh Fruit	<b>2</b> <b>French Bread Pizza</b> By the Slice Turkey Club Sandwich <u>Sides:</u> Cucumber Slices/ Carrot Stix 100% Fruit / Cupped Fruit
<b>5</b> <b>Chicken Tenders</b> w/ Waffles Ham and Cheese Wrap w/ Goldfish Crackers <u>Sides:</u> Celery/ Seasoned Broccoli 100% Fruit Jc./ Cupped Fruit	<b>6</b> <b>Cheeseburger</b> On a Bun American Hoagie <u>Sides:</u> Cucumber Slices/ Baked Beans Fresh Fruit/Cupped Fruit	<b>7</b> <b>French Toast Sticks</b> w/ Sausage & Syrup Turkey and Cheese Hoagie <u>Sides:</u> Diced Potato / Carrot Stix Fresh Fruit / Cupped Fruit	<b>8</b> <b>Hot Ham &amp; Cheese</b> On Roll Italian Hoagie <u>Sides:</u> Celery Stix/ Peas and Carrots Fresh Fruit / Cupped Fruit	<b>9</b> <b>Mac &amp; Cheese</b> And Fish Sticks Turkey Club Sandwich <u>Sides:</u> Cucumber Stix/ Mixed Veggies 100% Fruit Jc. / Cupped Fruit
<b>12</b> 	<b>13</b> <b>Chicken Patty</b> On A Bun American Hoagie <u>Sides:</u> Cucumber Slices / Greenbeans Fresh Fruit /Cupped Fruit	<b>14</b> <b>Beef Nacho and Cheese</b> Turkey and Cheese Hoagie <u>Sides:</u> Baked Beans/ Carrot Sticks Cookie/ 100% Fruit Juice	<b>15</b> <b>Pasta</b> And Meatballs Italian Hoagie <u>Sides:</u> Celery Sticks/ Mixed Veggies Fresh Fruit / Cupped Fruit	<b>16</b> <b>Grilled Cheese</b> Sandwich Turkey Club Sandwich <u>Sides:</u> Sweet Potato Fries/ Cucumber Slices 100% Fruit Jc. / Cupped Fruit
<b>19</b> 	<b>20</b> <b>Chicken Nuggets</b> And Goldfish Crackers American Hoagie <u>Sides:</u> Celery Sticks/ Baked Beans Fresh Fruit / Cupped Fruit	<b>21</b> <b>Mozzarella Sticks</b> With Roll & Dipping Sc. Turkey and Cheese Hoagie <u>Sides:</u> Seasoned Broccoli/ Carrot Stix Fresh Fruit/ Cupped Fruit	<b>22</b> <b>Pancakes</b> w/ Egg Patty/Bacon Italian Hoagie <u>Sides:</u> Diced Potato/ Celery Sticks 100% Fruit Jc. /Cupped Fruit	<b>23</b> <b>Cheeseburger</b> w/ Fries Turkey Club Sandwich <u>Sides:</u> Cucumber Slices 100% Fruit Jc./ Fresh Fruit
<b>26</b> <b>Popcorn Chicken</b> w/ Goldfish Crackers Ham and Cheese Wrap w/ Goldfish Crackers <u>Sides:</u> Baked Beans/ Celery Sticks 100 % Fruit Jc.. Cupped Fruit	<b>27</b> <b>Twin Taco</b> w/ Toppings American Hoagie <u>Sides:</u> Corn/ Carrot Sticks Fresh Fruit/ Cupped Fruit	<b>28</b> <b>Meatball Parm</b> On Roll Turkey and Cheese Hoagie <u>Sides:</u> Cucumber Slices/ Seasoned Broccoli Fresh Fruit/Cupped Fruit	<b>29</b> <b>BBQ Chicken</b> w/ Cornbread Italian Hoagie <u>Sides:</u> Celery Sticks/ Mixed Veggies 100% Fruit Jc./ Cupped Fruit	<b>CAFÉ CONTACT INFO:</b> Emily DiAngelo FSD ecr@nsfm.com Phone: 856-784-4441 ext 1160 <b>*Menu subject to change</b>

View your lunch account: [www.schoolpaymentportal.com](http://www.schoolpaymentportal.com)

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<b>CAFÉ CONTACT INFO:</b>  Emily DiAngelo FSD ecr@nsfm.com Phone: 856-784-4441 ext 1160 <b>*Menu subject to change</b>			<b>1</b>  <b>Chocolate Chip Muffin</b> <u>Sides:</u> 100% Juice Cup Fresh Fruit Milk Choice	<b>2</b>  <b>Cinnamon Roll</b> <u>Sides:</u> 100% Juice Cup Cupped Fruit Milk Choice
<b>5</b>  <b>Blueberry Muffin</b> <u>Sides:</u> 100% Juice Cup/ Cupped Fruit Milk Choice	<b>6</b>  <b>Apple Bites</b> <u>Sides:</u> 100% Juice Cup Fresh Fruit Milk Choice	<b>7</b>  <b>Cin. Pop Tart</b> <u>Sides:</u> 100% Juice Cup Cupped Fruit Milk Choice	<b>8</b>  <b>Chocolate Chip Muffin</b> <u>Sides:</u> 100% Juice Cup Fresh Fruit Milk Choice	<b>9</b>  <b>Cinnamon Roll</b> <u>Sides:</u> 100% Juice Cup/ Cupped Milk Choice
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