

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



31



1

Chocolate Chip Muffin  
Assorted PopTarts  
w/ Graham Crackers

2

Powdered Donut Holes  
Assorted PopTarts  
w/ Graham Crackers

3



4



7

Cinnamon Toast Crunch  
Cereal Bar  
Assorted PopTarts  
w/ Graham Crackers

8

Chocolate Chip Muffin  
Assorted PopTarts  
w/ Graham Crackers

9

Chocolate Covered  
Mini Donuts

10

Assorted PopTarts  
w/ Graham Crackers

11

Yogurt Parfait  
w/ Strawberries & Granola

Assorted PopTarts  
w/ Graham Crackers

Cinnamon Toast Crunch  
Muffin  
Assorted PopTarts  
w/ Graham Crackers

14

Trix Cereal Bar  
Assorted PopTarts  
w/ Graham Crackers

15

Chocolate Chip Muffin  
Assorted PopTarts  
w/ Graham Crackers

16

Mini Bagels w/  
Strawberry Cream Cheese  
Assorted PopTarts  
w/ Graham Crackers

17

Cocoa Puffs Cereal Bar  
Assorted PopTarts  
w/ Graham Crackers

18

Cinnamon Toast Crunch  
Muffin  
Assorted PopTarts  
w/ Graham Crackers

21

Cinnamon Toast Crunch  
Cereal Bar  
Assorted PopTarts  
w/ Graham Crackers

22

Chocolate Chip Muffin  
Assorted PopTarts  
w/ Graham Crackers

23

Chocolate Covered  
Mini Donuts

24

Assorted PopTarts  
w/ Graham Crackers

25

Yogurt Parfait  
w/ Strawberries & Granola

Assorted PopTarts  
w/ Graham Cracker

Cinnamon Toast Crunch  
Muffin  
Assorted PopTarts  
w/ Graham Crackers

28

Trix Cereal Bar  
Assorted PopTarts  
w/ Graham Crackers

29

Chocolate Chip Muffin  
Assorted PopTarts  
w/ Graham Crackers

30



## MAKE IT A MEAL!

Choose at least **3** of **4** meal components for the school breakfast price:

Whole Grain, Meat/M meal Alternative, Fruit/Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a breakfast.

## Breakfast Prices

Student \$2.50  
Adult \$3.00

## Available Daily

Assorted cereals – Served w/ Graham Crackers

## Fruit Selection

100% Fruit Juice, Seasonal Fresh Fruit, Cupped Fruits or Dried Fruits

Students may choose two ½ cup servings.

## Milk Selection

1% White Milk, Fat Free Chocolate Milk

## Your Dining Services Team

Fran Smith  
Food Service Director  
(856) 784-1333 ext. 4132  
[STE@nsfm.com](mailto:STE@nsfm.com)



## For Account Information

Laurel Springs  
(856) 783-1086



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Walking Taco  
Turkey & Cheese Hoagie  
Golden Corn

Chicken Nuggets  
w/ Corn Muffin  
Garden Salad w/ Egg  
Baked Beans

Pizza Crunchers  
Italian Hoagie  
Green Beans

Nuccio's Pizza Slice  
Chicken Caesar Salad  
Baby Carrot

Chicken Tenders with  
Buttermilk Biscuit  
Ham & Cheese Sandwich  
Sweet Potato Fries

Cheeseburger on a Bun  
Autumn Apple Salad  
w/ Chicken, Apple & Cheese  
Cucumber Slices

Chicken Alfredo over  
Penne with Garlic Bread  
Italian Craveable  
Steamed Peas

Hot Dog on a Bun  
Turkey Club Sandwich  
Baked Beans

Nuccio's Pizza Slice  
Chicken Caesar Salad  
Baby Carrots

Chicken Fries w/  
Goldfish Crackers  
Superfruit Craveable  
Glazed Carrots

Walking Taco  
Turkey & Cheese Hoagie  
Rice & Beans

French Toast Sticks  
with Sausage Links  
Garden Salad w/ Egg  
Tater Tots

Macaroni & Cheese  
Italian Hoagie  
Cheesy Broccoli

Nuccio's Pizza Slice  
Chicken Caesar Salad  
Cucumber Slices

Popcorn Chicken Bowl  
w/ Mashed Potato, Corn,  
Cheese & Gravy  
Ham & Cheese Sandwich  
Corn ~ Mashed Potatoes

Hot Dog on a Bun  
Autumn Apple Salad  
w/ Chicken, Apple & Cheese  
BBQ Baked Beans

Sausage, Egg & Cheese  
Waffle Flatbread Sandwich  
Italian Craveable  
Hash Brown Potato



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

### Daily Alternates

Cereal Meal (Cereal, Cheese Stick, Yogurt & WG Crackers)  
American Cheese Sandwich w/ Goldfish Cracker & Carrot Sticks

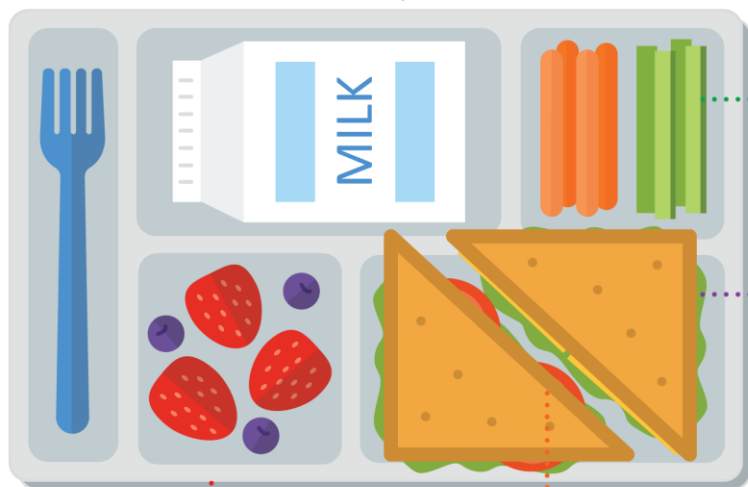
**Fruits & Veggies** - Students may choose two ½ cup servings.  
100% Fruit Juice served daily along with 1 of the following: Cupped Fruit,  
Fresh Fruit or Craisins  
A Fresh Veggie or Hot Veggie will be available each day

### Milk Selections

1% White Milk or Fat Free Chocolate Milk

### Lunch Prices

Student \$3.50  
Adult \$5.00



### **MILK IS MIGHTY**

Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!



### **GNAW ON RAW**

Veggie Patch, salad, and cooked. Veggies have fiber for digestion



### **POWER UP WITH PROTEIN**

Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!



### **WHOLE GRAINS = WHOLE PACKAGE**

Bread, cereal, and crackers. Grains give us energy!



### **PURSUIT FOR FRUIT**

Fresh, cupped, or 100% juice, fruit is nutrient-packed!

## **WHAT IS A SCHOOL LUNCH?**

You must choose at least **3** of the **5** components available for the school lunch price:

**Meat/Meat Alternative, Grain/Bread, Fruit, Vegetable, Milk**

A minimum of ½ cup serving of fruit must accompany a school breakfast.

**Assorted Variety of Milk Available Daily**

Fat-Free White, 1% White, and 1% Chocolate

## **LUNCH PRICES**

|                |        |
|----------------|--------|
| Student Lunch: | \$3.50 |
| Adult Lunch:   | \$5.00 |



### **YOUR DINING SERVICES TEAM**

Fran Smith, General Manager

856-784-1333 ext 4132 | STE@nsfm.com

**NUTRI-SERVE**  
FOOD MANAGEMENT, INC. by Metz