


Breakfast Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prices:</p> <p>Student Breakfast \$.90 Adult Breakfast \$ 1.40 Student Reduced \$.30 Milk \$.50</p>  <p>If a student has a milk allergy, Lactose Free Milk is available as a substitution upon request.</p> <p>Milk Choices: 1%, White, Fat Free Choc. Strawberry, Skim</p> <p>Daily Additional Alternates: General Mills Cereal with Yogurt and Graham Crackers or Mini Loaf with Cheese Stick</p> 	<p>Students can Pre-Pay for their Breakfast, Lunches and Snacks. Please send in a check to the cafeteria made payable to:</p> <p>NutriServe Food Mgmt</p>	<p>1</p> <p>Plain Bagel Sausage Patty</p> <p>Fruit Choice Milk Choice</p>	<p>2</p> <p>Apple Frudel</p> <p>Fruit Choice Milk Choice</p>	<p>3</p> <p>Sausage, Egg and Cheese on a Whole Grain Bun</p> <p>Fruit Choice Milk Choice</p>	<p>4</p> <p>General Mills Whole Grain Cereal, (4 oz) Yogurt & 1 pk Graham Crackers</p> <p>Fruit Choice Milk Choice</p>
	<p>7</p> <p>Banana Loaf Mini Loaf 2 oz w/ Cheese Stick</p> <p>Fruit Choice Milk Choice</p>	<p>8</p> <p>Mini Pancakes with Syrup Cup Sausage Patty</p> <p>Fruit Choice Milk Choice</p>	<p>9</p> <p>Plain Bagel & Cream Cheese 1oz Trix Yogurt</p> <p>Fruit Choice Milk Choice</p>	<p>10</p> <p>Cheese Omelet</p> <p>Fruit Choice Milk Choice</p>	<p>11</p> <p>Lowfat Blueberry Muffin 1.8 oz Trix 4oz Yogurt</p> <p>Fruit Choice Milk Choice</p>
	<p>14</p> <p>Pillsbury Whole Grain Poptart (single) Strawberry (4 oz) Yogurt 1 pk Graham Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>15</p> <p>Plain Bagel Sausage Patty</p> <p>Fruit Choice Milk Choice</p>	<p>16</p> <p>Cinnamon French Toast with Syrup Sausage Patty</p> <p>Fruit Choice Milk Choice</p>	<p>17</p> <p>General Mills Whole Grain Cereal, (4 oz) Yogurt & 1 pk Graham Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>18</p> <p>Chocolate Chip Mini Loaf 2 oz w/ Cheese Stick</p> <p>Fruit Choice Milk Choice</p>
	<p>21</p> <p>Plain Bagel & Cream Cheese 1oz Trix Yogurt</p> <p>Fruit Choice Milk Choice</p>	<p>22</p> <p>Lowfat Blueberry Muffin 1.8 oz w/ Trix Yogurt</p> <p>Fruit Choice Milk Choice</p>	<p>23</p> <p>Sausage, Egg and Cheese on a Whole Grain Bun</p> <p>Fruit Choice Milk Choice</p>	<p>24</p> <p>General Mills Whole Grain Cereal, (4 oz) Yogurt & 1 pk Graham Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>25</p> <p>Cheese Omelet</p> <p>Fruit Choice Milk Choice</p>
	<p>28</p> <p> Memorial Day  Memorial Day Observed</p>	<p>29</p> <p>General Mills Whole Grain Cereal, (4 oz) Yogurt & 1 pk Graham Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>30</p> <p>Lowfat Blueberry Muffin 1.8 oz w/ Cheese Stick</p> <p>Fruit Choice Milk Choice</p>	<p>31</p> <p>Pillsbury Whole Grain Poptart (single) Strawberry (4 oz) Yogurt 1 pk Graham Crackers</p> <p>Fruit Choice Milk Choice</p>	



May 2012

Visit our Website at: www.nsfm.com

Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
<p>Prices:</p> <p>Student Paid: \$2.00 Student Reduced: \$0.40 Adult Lunch: \$2.60 Milk: \$.50</p> <p>Daily Additional Alternates: Peanut Butter & Jelly Sandwich Cheese Sandwich on Wheat or Hot Dog on a Whole Grain Bun The above sandwiches include all the sides of the day. or Tossed Salad with Yogurt Meal</p> <p>(This menu comes complete with Salad, 4oz Yogurt, 3 pk Crackers and Cheese Cup)</p> <p>Milk Choices Include: 1% White, Skim, 1% Strawberry Fat Free Chocolate If a student has a milk allergy, Lactose Free Milk is available as a substitution upon request.</p> <p>Milk is included with every student lunch</p> <p>What's New this Month... Vegetable of the Month: Spinach (5/10) Fruit of the Month: Strawberries (5/22)</p> <p>Balloons for Balanced Lunch</p> <p>Orange = Grains Green = Vegetables Red = Fruits Blue = Milk Purple = Meat & Beans Yellow = Oils & X Energy</p>	<p>Bread/Cracker Basket Available Daily with all Lunches</p> <p>Fruit Juice & Fresh Fruit are available daily for student lunches in place of the fruit of the day.</p>	<p>Popcorn Chicken w/ Whole Wheat Dinner Roll</p> <p>Fun Size Bag of Chips</p> <p>Carrot Sticks w/ Dip</p> <p>Fresh Apple</p> <p>Milk Choice</p>	<p><i>Celebrate Cinco De Mayo!!!</i></p> <p>South of the Border Tacos</p> <p>Fluffy White Rice</p> <p>Golden Corn Niblets</p> <p>Fresh Pear</p> <p>Milk Choice</p>	<p>Turkey & Cheese on a Whole Wheat Bun</p> <p>Lettuce and Tomato Cup</p> <p>Bag of Fun Size Chips</p> <p>100% Fruit Juice</p> <p>Milk Choice</p>	<p>Pizza Slice</p> <p>Caesar Salad w/Dressing</p> <p>Cinnamon Applesauce</p> <p>Chocolate Pudding w Topping</p> <p>Milk Choice</p>
	7	8	9	10	11
	<p>Cheese Burger on a Whole Wheat Bun</p> <p>Lettuce and Tomato Cup</p> <p>Oven Baked Fries</p> <p>Mixed Fruit Cup</p> <p>Milk Choice</p>	<p>French Toast Sticks w/ Syrup Cup</p> <p>Sausage Patty</p> <p>McCain Hash Brown Stick</p> <p>100% Orange Juice</p> <p>Milk Choice</p>	<p>Chicken Nuggets w/ Whole Wheat Dinner Roll</p> <p>Garden Side Salad</p> <p>Chilled Applesauce</p> <p>Milk Choice</p>	<p>Meatball Sub on a Wheat Torpedo</p> <p>Potato Tots</p> <p>Spinach Side Salad</p> <p>100% Fruit Juice</p> <p>Milk Choice</p>	<p>Sal & Pats Pizza</p> <p>Garden Tossed Salad With Dressing</p> <p>Fresh Fruit Choice</p> <p>Milk Choice</p>
	14	15	16	17	18
	<p>Chicken Patty on a Whole Wheat Bun</p> <p>Tater Tots</p> <p>Green Beans</p> <p>Fresh Pear</p> <p>Milk Choice</p>	<p>Beef Nachos w/ lettuce and tomato Cup</p> <p>Fluffy White Rice</p> <p>Golden Corn</p> <p>Pineapple Chunks</p> <p>Milk Choice</p>	<p>Hot Dog on a Whole Wheat Bun</p> <p>Fun Size Doritos</p> <p>Vegetarian Baked Beans</p> <p>Chilled Peaches</p> <p>Milk Choice</p>	<p>Turkey & Cheese Whole Wheat Kaiser w/ Lettuce and Tomato Cup</p> <p>Fun Size Bag of Chips</p> <p>Applesauce</p> <p>Milk Choice</p>	<p>French Bread Pizza</p> <p>Garden Tossed Salad w/ Croutons</p> <p>Choice of Fruit</p> <p>Milk Choice</p>
	21	22	23	24	25
	<p>Pizza Dippers w/Maranara Sauce</p> <p>Garden Salad w/ Croutons</p> <p>Diced Pears</p> <p>Milk Choice</p>	<p>Ham & Cheese on a Whole Wheat Bun</p> <p>Lettuce and Tomato Cup</p> <p>Bag of Fun Size Chips</p> <p>Fresh Strawberries</p> <p>Milk Choice</p>	<p>Cheesesteak on a Wheat Torpedo</p> <p>Lettuce & Tomato Cup</p> <p>Fun Size Doritos</p> <p>Chilled Diced Pears</p> <p>Milk Choice</p>	<p>Mini Pancakes w/ Syrup Cup</p> <p>Sausage Patty</p> <p>McCain Hash Brown Stick</p> <p>100% Orange Juice</p> <p>Milk Choice</p>	<p>Sangarlo's Pizza</p> <p>Garden Salad w/Dressing</p> <p>Cling Sliced Peaches</p> <p>Chocolate Chip Cookie</p> <p>Milk Choice</p>
	<p>Memorial Day</p> <p></p> <p>Memorial Day Observed</p>	<p>29</p> <p>Chicken Patty on a Whole Wheat Bun</p> <p>Sweet Potato Tots</p> <p>Green Beans</p> <p>Fresh Pear</p> <p>Milk Choice</p>	<p>30</p> <p>Italian Hoagie on Wheat Torp.</p> <p>Lettuce and Tomato Cup</p> <p>Fun Size Bag of Chips</p> <p>Fresh Apple</p> <p>Milk Choice</p>	<p>31</p> <p>Chicken Nuggets w/ Whole Wheat Dinner Roll</p> <p>Garden Side Salad</p> <p>Chilled Applesauce</p> <p>Milk Choice</p>	<p>Students can Pre-Pay for their Breakfast, Lunches and Snacks. Please send in a check to the cafeteria made payable to: NutriServe Food Mgmt</p>

Menu subject to change without notice*

Food Service Director - Jennifer Dina

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