



May HS/MS Lunch Menu Gloucester City Jr/Sr High School

Click here to view your lunch account:
www.schoolpaymentportal.com

GF = Gluten-Free Ingredients **V** = Vegetarian Ingredients



Veggie Grab Bag: Daily Raw Veggie Choices

Carrots, Cucumbers,
Toasty Bean Bites,
Broccoli, Mixed
Patch

Choose 1 Entrée.

You May Take 2 Fruit & 2 Veggie Choices!



THINK BALANCE!

A Balanced Tray ... **Grain** ~ **Protein** ~ **Fruit** ~ **Vegetable** ~ **Milk**

Monday-May 1	Tuesday-May 2	Wednesday-May 3	Thursday-May 4	Friday-May 5
Buffalo Chicken On a Torpedo <u>Sides:</u> Tater Tots Veggie Grab Bag w/Ranch/Hummus	Baked Ziti V w/ Garlic Toast <u>Sides:</u> Gotta Get Em Green Beans Veggie Grab Bag w/Ranch/Hummus	Soft Shell Chicken Fajitas w/ Peppers & Onions <u>Sides:</u> Sweet Corn Veggie Grab Bag w/Ranch/Hummus	Chicken Nuggets w/ Cheesy Broccoli Rice <u>Sides:</u> Rainbow Veggie Medley Veggie Grab Bag w/Ranch/Hummus	Sangarlo's Pizza By The Slice V <u>Sides:</u> Garden Salad Veggie Grab Bag w/Ranch/Hummus
Monday-May 8	Tuesday-May 9	Wednesday-May 10	Thursday-May 11	Friday-May 12
Pulled Pork On a Torpedo <u>Sides:</u> Baked Beans Veggie Grab Bag w/Ranch/Hummus	Nachos Grande GF w/ Corn Chips & Toppings <u>Sides:</u> Sweet Corn Veggie Grab Bag w/Ranch/Hummus	Hot Turkey & Gravy On a Torpedo <u>Sides:</u> Curly Fries Veggie Grab Bag w/Ranch/Hummus	Popcorn Chicken w/ a Biscuit <u>Sides:</u> Rainbow Veggie Medley Veggie Grab Bag w/Ranch/Hummus	Cheese Pizza By The Slice V <u>Sides:</u> Caesar Salad Veggie Grab Bag w/Ranch/Hummus
Nat'l Choc Chip Cookie Day!	Tuesday-May 16	Wednesday-May 17	Thursday-May 18	Friday-May 19
French Toast w/ Sausage <u>Sides:</u> Tater Tots-Chocolate Chip Cookie Veggie Grab Bag w/Ranch/Hummus	Philly Cheese Steak w/ Peppers & Onions <u>Sides:</u> Curly Fries Veggie Grab Bag w/Ranch/Hummus	Pizza Crunchers w/ Buttered Noodles <u>Sides:</u> Sweet Corn Veggie Grab Bag w/Ranch/Hummus	Chicken Parmesan On a Kaiser <u>Sides:</u> Steamed Broccoli Veggie Grab Bag w/Ranch/Hummus	Cheese Pizza By The Slice V <u>Sides:</u> Garden Salad Veggie Grab Bag w/Ranch/Hummus
Nat'l Vanilla Pudding Day!	Tuesday-May 23	Wednesday-May 24	Thursday-May 25	Friday-May 26
Meatball Parmesan On a Torpedo <u>Sides:</u> Green Beans-Vanilla Pudding Veggie Grab Bag w/Ranch/Hummus	Soft Shell Tacos On a Flour Tortilla <u>Sides:</u> Sweet Corn Veggie Grab Bag w/Ranch/Hummus	Macaroni & Cheese w/ Buffalo Chicken <u>Sides:</u> Veggie Medley Veggie Grab Bag w/Ranch/Hummus	Roasted Chicken w/ Gravy & Breadstick <u>Sides:</u> Mashed Potatoes Veggie Grab Bag w/Ranch/Hummus	Cheese Pizza By The Slice V <u>Sides:</u> Caesar Salad Veggie Grab Bag w/Ranch/Hummus
Monday-May 29	I LOVE the USA!	Wednesday-May 31	<div style="border: 2px solid blue; padding: 10px;"> <p>Lunch Prices: Regular Lunch \$2.50 ~ Extra Entrée: \$1.25 ~ Reduced: \$0.40 ~ Adult: \$3.00 ~ Milk: \$0.50 *Menu subject to change Food Service Director: Marlene Monroe GLC@nsfm.com Phone: 856-456-7000 ext 1526</p> </div>	
Memorial Day- No School "My fellow Americans, ask not what your country can do for you- ask what you can do for your country!" -John F. Kennedy	All American Burger w/ Cheese on a Kaiser <u>Sides:</u> Baked Beans-Patriotic Parfait Veggie Grab Bag w/Ranch/Hummus	Pancakes w/ Sausage <u>Sides:</u> Tater Tots Veggie Grab Bag w/Ranch/Hummus		

This institution is an equal opportunity provider.

Milk: **Skim White** Skim Chocolate **Skim Strawberry** 1% White Lactaid



/ L R CAFE of Gloucester City Jr/Sr High

Get the best DEAL ...Make it a MEAL !



: K D W · V D Y D L O D E O H R Q W K H O X Q F K O L Q



Lion's Cafe Snack Shack

Fresh Fruit	\$.75
Cookie	\$ 0.50
Soft Pretzel	\$ 0.75
Nachos w/ cheese	\$ 1.25
Fresh Fruit	\$ 0.75
Asst. Chips	\$.75
Pudding	\$.75
French Fries	\$1.25
Ice Cream	\$.75
Snapple	\$1.00
Gatorade	\$1.00
Bottled Water	\$1.00
Arizona Iced Tea	\$1.00
Vitamin Water	\$2.00

Snack Healthy in moderation
after a balanced lunch!

PIZZA MEAL	HOT SANDWICH MEAL	COLD SANDWICH MEAL	SALAD MEAL
Pepperoni (Monday) Bacon (Tuesday) Pepper & Onion (Wednesday) Buffalo Chicken (Thursday)	Chicken Patty (Plain or Spicy) Cheeseburger Hot Dog Cheese Steak Grilled Cheese Hot Ham & Cheese	Turkey Sub Ham & Cheese American Hoagie Italian Sub Chicken Ranch BLT Chicken Caesar Wrap Tuna Salad Sub Peanut Butter & Jelly	Chef Salad Tuna Garden Salad Grilled Chicken Caesar Buffalo Chicken Garden Salad Fiesta Taco Salad BBQ Chicken Salad

ONLY! \$2.50, \$0.40 Reduced, Extra Entrée \$1.25

First choose your meal! Your meal is your **PROTEIN** and **GRAIN!**
Choose at least 1 fruit or veggie. You may take up to 2 fruits & 2 veggies.



What makes a meal?

The agency that governs that school lunch program is the USDA (United States Department of Agriculture). USDA defines a meal as containing a protein, grain, fruit, veggie and milk. Schools must offer all components but students are only required to take 3 out of 5 of these components with one being a protein.

- Protein:** animal meats, cheese, yogurt, certain legumes.
- Grain:** breads, crackers, pasta, cereal, tortilla chips.
- Milk:** Fluid milk must be non fat sweetened, non fat unsweetened or low fat un-sweetened.
- Fruit:** whole fruit, cupped fruit or 100% fruit juice. You may take 1 or 2 serving.
- Veggie:** salad, raw veggies, cooked veggies. You may take 1 or 2 servings.



Food Service Director: Marlene Hines ~ Email: GLC@nsfm.com 456 000 ext 5626 Subject To Change

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