




**(V) = Vegetarian Ingredients**

**Daily Fruit Offerings:**  
**Fresh, Cupped, 100% Juice**  
**All Salads Come With a Grain.**  
 Click here to view your lunch account:  
[www.schoolpaymentportal.com](http://www.schoolpaymentportal.com)

**We Use Whole Grain Products!**

**Veggie Grab Bag:**  
**Daily Raw Veggie Choices**  
 Carrots, Celery, Broccoli  
 Meat-Free Chio Pea & Corn  
 Salad,

**Choose 1 Entrée**  
 Includes 2 Fruit & 2 Veggie Choices!





Fresh/Cupped/Juice **+** Cooked/Raw Veggie Patch  
**PICK 2 FRUITS** **PICK 2 VEGGIES**

**THINK BALANCE!**  
 A Balanced Tray Includes...  
 Grain ~ Protein ~ Fruit ~ Vegetable ~ Milk

**February**  
**HS/MS Lunch Menu**  
 Eastern Regional  
 High School

Let's Go Vikings



<p><b>(V) = Vegetarian Ingredients</b>  <b>Entrees with this sign are available without meat too!</b>  <b>NO MEAT? NO PROBLEM.</b></p>	<p><b>Go MEATLESS once a week!</b>      It may reduce your risk of Chronic preventable conditions.</p>		<p><b>Thursday-February 1</b>  <b>Chicken Parm.</b>      On A Kaiser      Sides:      Veggie Grab Bag w/Ranch/Hummus      Ast. Fruit</p>	<p><b>Groundhog Day!</b>  <b>Chicken and Waffles</b>      w/ Syrup      Sides:      Tatar Tots      Cupped Pudding w/ Cookie Topping</p>
<p><b>Monday-February 5</b>  <b>Asian Popcorn Chicken</b>      W/ Rice      Sides:      Asian Vegetables      Ast. Fruit</p>	<p><b>Tuesday-February 6</b>  <b>French Toast Stix (V)</b>      w/ Bacon and Syrup      Sides:      Tatar Tots      Ast. Fruit</p>	<p><b>Wednesday-February 7</b>  <b>Nacho Grande (V)</b>      &amp; Toppings      Sides:      Refried Beans /Corn      Ast. fruit</p>	<p><b>Thursday-February 8</b>  <b>Pasta and Meatballs (V)</b>      Or Meatball S/W w/Garlic Brd.      Sides:      Veggie Grab Bag w/Ranch/Hummus      Ast. Fruit</p>	<p><b>Friday- February 9</b>  <b>Two Hotdogs</b>      On a Bun w/ Chips      Sides:      Baked Beans      Ast. Fruit</p>
<p><b>Monday-February 12</b>  <b>Chicken Nuggets</b>      W/ Pretzel      Sides:      Veggie Grab Bag w/Ranch/Hummus      Ast. Fruit</p>	<p><b>Tuesday-February 13</b>  <b>Cheesesteak</b>      On A Torpedo Roll      Sides:      Baked Fries      Ast. Fruit</p>	<p><b>Valentine's Day!</b>  <b>Grilled Three Cheese (V)</b>      Sandwich w/ Tomato soup      Sides:      Veggie Grab Bag w/ Ranch /Hummus      Sweetheart Jello/Ast. Fruit</p>	<p><b>Thursday-February 15</b>  <b>Baked Ziti (V)</b>      W/ Garlic Toast      Sides:      Veggie Grab Bag w/Ranch/Hummus      Ast. Fruit</p>	<p><b>Friday- February 16</b>  <b>Chicken Quesadilla (V)</b>      And Topping      Sides:      Refried Bean/Corn      Ast. Fruit</p>
<p><b>Monday-February 19</b>  <b>President's Day</b>  <b>No School</b>  </p>	<p><b>Tuesday-February 20</b>  <b>Popcorn Chicken</b>      w/ Goldfish Crackers      Sides:      Cheesy Broccoli      Ast. Fruit</p>	<p><b>Wednesday-February 21</b>  <b>Soft Shell Chicken Fajita</b>      W/ Toppings (V)      Sides:      Refried Beans/ Corn      Ast. Fruit</p>	<p><b>Thursday-February 22</b>  <b>Chicken &amp; Waffles</b>      w/ Syrup      Sides:      Tatar Tots</p>	<p><b>Friday- February 23</b>  <b>Mozzarella Sticks (V)</b>      w/ Marinara Sc.&amp; Roll      Sides:      Veggie Grab Bag w/Ranch/Hummus      Ast. Fruit</p>
<p><b>Monday-February 26</b>  <b>Chicken Nuggets</b>      W/ Pretzel      Sides:      Veggie Grab Bag w/Ranch/Hummus      Ast. Fruit</p>	<p><b>Tuesday-February 27</b>  <b>Bloomin Onion Burger</b>      w/ Cheese on a Bun/Chips      Sides:      Veggie Grab Bag w/Ranch/Hummus      Ast. Fruit</p>	<p><b>Wednesday-February 28</b>  <b>Nacho Grande (V)</b>      &amp; Toppings      Sides:      Refried Beans/ Corn      Ast..Fruit</p>	<p><b>Prices: Regular Lunch \$3.85 ~ Extra Entrée: \$2.95 ~ Reduced: \$0.40 ~ Adult: \$4.35 ~ Milk: \$0.55 Food Service</b>      Director: Emily DiAngelo      ecr@nsfm.com Phone: 856-784-4441 ext 1160 *Menu subject to change  <b>Milk: Skim White, Chocolate, Strawberry, 1% White, Lactaid</b></p>	

**This institution is an equal opportunity provider.**