



# May HS/MS Lunch Menu Eastern Regional

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Let's Go  
Vikings

### Veggie Grab Bag: Daily Raw Veggie Choices

Carrots, Celery,  
Broccoli  
Corn Salad, &  
Hummus

### Choose 1 Entrée.

You May Take 2 Fruit & 2 Veggie Choices!



Fresh/Cupped/Juice

**PICK 2 FRUITS**

Cooked/Raw Veggie Patch

**PICK 2 VEGGIES**

**THINK BALANCE!**

A Balanced Tray ... Grain ~ Protein ~ Fruit ~ Vegeta-

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

This institution is an equal opportunity provider.

Monday-May 1	Tuesday-May 2	Wednesday-May 3	Thursday-May 4	Friday-May 5
<b>Chicken Nuggets</b> w/ Pretzel <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>Stromboli</b> w/ Marinara Sauce <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>Chicken Parm.</b> On a Kaiser <u>Sides:</u> Baked Fries Ast. Fruit	<b>Baked Ziti</b> w/ Garlic Bread <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>Grilled Cheese</b> w/ Chicken Rice Soup <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit
Monday-May 8	Tuesday-May 9	Wednesday-May 10	Thursday-May 11	Friday-May 12
<b>Chicken Popcorn</b> w/ Pretzel <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>Cheese Steak</b> On A Torpedo Roll <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>Blooming Onion</b> Cheeseburger on a Bun <u>Sides:</u> Corn Ast. Fruit	<b>Meatball Parm.</b> On A Torpedo Roll <u>Sides:</u> Baked Fries Ast. Fruit	<b>Mozzarella Stix</b> W/ Marinara Sc. & Roll <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit
Monday-May 15	Nat'l Choc Chip Cookie Day!	Wednesday-May 17	Thursday-May 18	Friday-May 19
<b>Chicken Nuggets</b> W/ Pretzel <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>Bacon</b> Cheeseburger <u>Sides:</u> Baked Fries Choc. Chip Cookie/ Ast. Fruit	<b>Nachos Grande</b> w/ Toppings <u>Sides:</u> Corn/ Refried Beans Ast. Fruit	<b>Chicken Parm.</b> ON A Kaiser <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>No Lunch Served</b>
Monday-May 22	Nat'l Vanilla Pudding Day!	Wednesday-May 24	Thursday-May 25	Memorial Day Celebration
<b>Asian Popcorn Chicken</b> Over Rice <u>Sides:</u> Oriental Veggies Ast. Fruit	<b>BBQ Chicken</b> w/ Corn Bread <u>Sides:</u> Veggie Grab Bag w/ Hummus/ Ranch Vanilla Pudding / Ast. Fruit	<b>Cheesesteak</b> On a Torpedo Roll (w/ Peppers/ Onions) <u>Sides:</u> Baked Fries Ast. Fruit	<b>Pasta w/ Meatsauce</b> w/ Garlic Bread <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>Two Hot Dogs w/ w/ Bag of Chips</b> <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Patriotic Jell-o Ast Fruit
Monday-May 29	Tuesday-May 28	Wednesday-May 31	<b>Lunch Prices: Regular Lunch \$3.55 ~ Extra Entrée: \$2.85 ~ Reduced: \$0.40 ~ Adult: \$4.05 ~ Milk: \$0.55 *Menu subject to change Food Service Director: Emily DiAngelo ecr@nsfm.com Phone: 856-784-4441 ext 1160</b>	
<b>Memorial Day- No School</b> "My fellow Americans, ask not what your country can do for you- ask what you can do for your country!" <i>-John F. Kennedy</i>	<b>Chicken Nuggets</b> w/ Pretzel <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>Mozzarella Stix w/ Marn. Sc.</b> <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit		