



**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 Chic Pea Salad,  
 Corn Salad & Hummus

**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

**May HS/MS Lunch Menu Eastern**

Let's Go Vikings



<b>Prices:</b> Regular Lunch \$3.85 Extra Entrée: \$2.95 Reduced: \$0.40 Adult: \$4.35 Milk: \$0.55	<b>Tuesday-May 1</b> <b>Chicken Parm.</b> Sandwich on Kaiser <u>Sides:</u> Baked Fries Ast. Fruit	<b>Wednesday-May 2</b> <b>Beef Nacho Grande</b> w/ Toppings <b>V</b> <u>Sides:</u> Refried Beans/ Corn Ast. Fruit	<b>Thursday-May 3</b> <b>Pasta w/ Meatsauce</b> w/ Garlic Bread <b>V</b> <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>Friday- May 4</b> <b>Blooming Onion Burger</b> On a Bun & Cheese <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit
	<b>Monday-May 7</b> <b>Chicken Tenders</b> w/ Pretzel <u>Sides:</u> Poppin Peas Ast. Fruit	<b>Celebrate Cinco De Mayo!</b> <b>Twin Beef Tacos</b> & Toppings <u>Sides:</u> Refried Beans/Corn Ast. Fruit/ Cookie	<b>Wednesday-May 9</b> <b>Chicken Lo Mein</b> Over Rice <u>Sides:</u> Asian Mixed Veggies Ast. Fruit	<b>Thursday-May 10</b> <b>Pasta and Meatsauce</b> w/ Garlic Bread <b>V</b> <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit
<b>Monday-May 14</b> <b>Chicken Nuggets</b> w/ Goldfish Crackers <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>Tuesday-May 15</b> <b>Stuffed Pizza Bread</b> w/ Pepperoni on Torpedo Roll <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>National BBQ Day!</b> <b>Twin Hot Dogs</b> On a Roll w/ Summer Macaroni Salad <u>Sides:</u> Baked Beans & Chips Ast. Fruit	<b>Thursday-May 17</b> <b>Baked Ziti</b> <b>V</b> w/ Garlic Bread <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus At. Fruit	<b>Friday- May 18</b> <b>Mozzarella Sticks</b> <b>V</b> w/ Dinner Roll and Marinara Sc. <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit
<b>Monday-May 21</b> <b>Popcorn Chicken</b> w/ Pretzel <u>Sides:</u> Seasoned Green Beans Ast. Fruit	<b>Tuesday-May 22</b> <b>Cheesesteak</b> Peppers/Onions on a Torpedo <u>Sides:</u> Baked Fries Ast. Fruit	<b>Wednesday-May 23</b> <b>Nacho Grande</b> W/ Toppings <u>Sides:</u> Refried Beans/ Corn Ast. Fruit	<b>Thursday-May 24</b> <b>Pasta and Meatsauce</b> w/ Garlic Bread <b>V</b> <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	<b>Friday- May 25</b> <b>Chicken and Waffles</b> w/ Syrup <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit
<b>Monday-May 28</b> <b>Memorial Day-No School</b> <i>"My fellow Americans, ask not what your country can do for you-as what you can do for your country!"</i> <b>-John F. Kennedy</b>	<b>Celebrate Memorial Day!</b> <b>Chicken Tenders</b> w/ Goldfish Crackers <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit/ Patriotic Parfait	<b>Wednesday-May 30</b> <b>Chicken Quesadilla</b> w/ Toppings <u>Sides:</u> Refried Beans and Corn Ast. Fruit	<b>Thursday-May 31</b> <b>Chicken Cacciatore</b> Over Pasta w/ Gar. Brd. <u>Sides:</u> Veggie Grab Bag w/Ranch/Hummus Ast. Fruit	Food Service Director: Emily DiAngelo ecr@nsfm.com Phone: 856-784-4441 ext 1160 *Menu subject to change <b>Milk:</b> Skim White, Chocolate, Strawberry, 1% White, Lactaid

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