



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
					<p>What is a Meal?</p> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p>
<p>2</p> <p>Chicken Breakfast Scramble Bowl</p> <p>FEATURED VEGGIES Tater Tots Veggie Patch</p>	<p>3</p> <p>Chicken Enchilada</p> <p>FEATURED VEGGIES Cheesy Rice Veggie Patch</p>	<p>4</p> <p>Philly Cheesesteak on Toasted Roll</p> <p>FEATURED VEGGIES French Fries Veggie Patch</p>	<p>5</p> <p>Chicken Nuggets w. Buttered Noodles</p> <p>FEATURED VEGGIES Corn Salad Veggie Patch</p>	<p>6</p> <p>Burger Bar</p> <p>FEATURED VEGGIES Side Caesar Salad Veggie Patch</p>	
<p>9</p> <p>Meatball Sandwich on a Toasted Roll</p> <p>FEATURED VEGGIES Pasta Salad Veggie Patch</p>	<p>10</p> <p>Twin Soft Beef Tacos</p> <p>FEATURED VEGGIES Mexican Street Corn Veggie Patch</p>	<p>11</p> <p>General Tso' Chicken w. Brown Rice</p> <p>FEATURED VEGGIES Steamed Broccoli Veggie Patch</p>	<p>12</p> <p>Texas Tommy Hot Dog</p> <p>FEATURED VEGGIES BBQ Baked Beans Veggie Patch</p>	<p>13</p> <p>Burger Bar</p> <p>FEATURED VEGGIES Side Caesar Salad Veggie Patch</p>	<p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p>
<p>16</p> <p>Chicken Alfredo w. Penne Pasta</p> <p>FEATURED VEGGIES Steamed Broccoli Veggie Patch</p>	<p>17</p> <p>Walking Beef Tacos</p> <p>FEATURED VEGGIES Red Beans & Rice Veggie Patch</p>	<p>18</p> <p>Grilled Cheese on Texas Toast w. Tomato Soup</p> <p>FEATURED VEGGIES Garlic Green Beans Veggie Patch</p>	<p>19</p> <p>Cheeseburger Mac & Cheese</p> <p>FEATURED VEGGIES Chick Pea Salad Veggie Patch</p>	<p>20</p> <p>Burger Bar</p> <p>FEATURED VEGGIES Side Caesar Salad Veggie Patch</p>	<p>Daily Alternates</p> <p>Fresh Entree Salad Cold Cut Sandwiches or Wraps Pizza By the Slice Chicken Patty (Spicy too) Cheeseburger</p>
<p>23</p> <p>Pizza Crunchers</p> <p>FEATURED VEGGIES Cucumbers w. Ranch Veggie Patch</p>	<p>HAPPY Holidays</p>				
<p>30</p>					
<p>Your Team</p> <p>Katie Mowry, Food Service Director 856.456.7000 ext. 4044 GLC@nsfm.com</p>			<p>Meal Prices</p> <p>Student Lunch \$0.00 Reduced Lunch \$0.00 Faculty Lunch \$4.50</p>		

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

