






Visit our Website at:
www.nsfm.com

LUNCH MENU
 February 2012

Lunch Menu		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
<p>Prices:</p> <p>Student Paid: \$2.05 Student Reduced \$0.40 Adult Lunch \$3.00 Milk \$.50</p> <p>Available Daily:</p> <p>Peanut Butter & Jelly Chicken Caesar Salad Mon.- Cheese Burger Tue.- Nachos Wed.- Hot Dog Thur.- Cereal Grab N Go Fri.- Deli Turkey on bun. *Bread Basket and fresh fruit available daily*</p> <p>Milk Choices: White, Chocolate and Strawberry</p> <p>Students are encouraged to pre pay their lunches Prepaid Lunches - 10 lunches @ \$20.50</p> <p>Balloons for Balanced Lunch Orange = Grains Green = Vegetables Red = Fruit Blue = Milk Purple = Meat & Beans Yellow=Oils & X Energy</p> <p>Fruit and Vegetable of the Month: Broccoli  Clementine </p> <p>All meals include fruit, vegetable and a milk.</p>				1	2	3				
				<p>CHICKEN NUGGETS with a DINNER ROLL Lunch Choice Includes: Mixed Vegetables Sliced Peaches Milk Choice</p>	<p>**TACO TWINS** **with SOFT TORTILLA SHELLS** Lunch Choice includes: Mexican Rice & Beans Cheese,Lettuce, Tomato,Salsa Cup Mixed Fruit Milk Choice</p>	 <p>CHEESY PIZZA Lunch Includes 1 fruit and 1 veg: Mixed Greens with Tomatoes Diced Pears Milk Choice</p>				
	6	7	8	10	11	<p>POPCORN CHICKEN **with DINNER ROLL** Lunch Choice includes: Glazed Carrots Sliced Apples Milk Choice</p>	<p>CHILI with a DINNER ROLL Lunch Choice Includes: Seasoned Rice Corn Applesauce Milk Choice</p>	<p>**PASTA & MEAT SAUCE** **with GARLIC BREAD** Lunch Choice includes: Seasoned Green Beans Fresh Orange Milk Choice</p>	<p>FISH STICKS with MACARONI AND CHEESE Lunch Choice Includes: Stewed Tomatoes Pineapple Chunks Milk Choice</p>	<p>CHEESY PIZZA SLICE Lunch Includes 1 fruit and 1 veg: Caesar Salad / Dressing Sliced Peaches Pretzel Rod Milk Choice</p>
	13	 14	15	 16	17	<p>CHEESESTEAK on a TORPEDO ROLL Lunch Includes 1 fruit and 1 veg: Green Beans Pineapple Tidbits Milk Choice</p>	<p>HOT TURKEY WITH GRAVY on a KAISER ROLL Lunch Choice includes: Mashed Potatoes Rosy Applesauce Milk Choice</p>	<p>NACHOS GRANDE with Seasoned Beef and Cheese Lunch Choice Includes: Tex-Mex Corn Cinnamon Churro Mixed Fruit Cup Milk Choice</p>	<p>CHEESE BURGER on a BUN Lunch Choice includes: Glazed Carrot Coins Fruit Medley Milk Choice</p>	<p>CHEESY PIZZA SLICE Lunch Includes 1 fruit and 1 veg: Caesar Salad / Dressing Applesauce Pretzel Rod Milk Choice</p>
	20	21	Early Dismissal 22	23	24	<p>Schools Closed Presidents Day</p>	<p>MEATBALL PARMESAN on a TORPEDO ROLL Lunch Includes 1 fruit and 1 veg: Buttered Noodles Broccoli Pineapple Chunks Milk Choice</p>	<p>HOT DOG **ON A BUN** Lunch Choice includes: Vegetarian Baked Beans Fresh Apple Milk Choice</p>	<p>FRENCH TOAST with SAUSAGE PATTIES Lunch Choice Includes: Tater Tots 100% Juice Cup Fresh Orange Smiles Milk Choice</p>	<p>CHEESY PIZZA SLICE Lunch Includes 1 fruit and 1 veg: Romaine Salad w / Dressing Orange Smiles Milk Choice</p>
	27	28	29			<p>NACHO-GRANDE' & CHIPS w/ Mexican Rice & Beans Lunch Includes 1 fruit and 1 veg: Salsa and Cheese Mexican Corn Applesauce Milk Choice</p>	<p>CHICKEN PATTY **on a BUN** Lunch Choice Includes: Buttered Corn Diced Peaches Milk Choice</p>	<p>SLOPPY JOE on a Bun Lunch Choice includes: Seasoned Green Beans Fresh Pears Milk Choice</p>		