



May 2017 John Witherspoon Middle School Lunch Menu PRINCETON



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Let's Go
Your Tigers!

Veggie Grab Bag: Daily Raw Veggie Choices

Carrots, Cucumbers,
Toasty Bean Bites,
Broccoli, Mixed
Patch

Choose 1 Entrée.
You May Take 2 Fruit & 2 Veggie Choices!

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



THINK BALANCE!

A Balanced Tray ... **Grain** ~ **Protein** ~ **Fruit** ~ **Vegetable** ~ **Milk**

Monday-May 1	Tuesday-May 2	Wednesday-May 3	Thursday-May 4	Friday-May 5
Chicken Parmesan with Pasta and Sauce <u>Sides:</u> Caesar Salad Veggie Grab Bag w/Ranch/Hummus	Baked Ziti with Garlic Toast <u>Sides:</u> Green Beans Veggie Grab Bag w/Ranch/Hummus	Fish Sticks with Tarter Sauce <u>Sides:</u> Garden Salad Veggie Grab Bag w/Ranch/Hummus	Chicken Nuggets with Cheesy Broccoli Rice <u>Sides:</u> Rainbow Veggie Medley Veggie Grab Bag w/Ranch/Hummus	Hot Dog Bar with Veggie Bkd Beans & Sauerkraut <u>Sides:</u> Baked Fries Veggie Grab Bag w/Ranch/Hummus
Monday-May 8	Tuesday-May 9	Wednesday-May 10	Thursday-May 11	Friday-May 12
Hot Ham & Cheese on a WG Pretzel Bun <u>Sides:</u> Tomato Soup Veggie Grab Bag w/Ranch/Hummus	Nachos Grande with Corn Chips and Toppings <u>Sides:</u> Sweet Corn Veggie Grab Bag w/Ranch/Hummus	Baked Ziti with WG Garlic Bread Stick <u>Sides:</u> Garden Salad Veggie Grab Bag w/Ranch/Hummus	Popcorn Chicken with a Biscuit <u>Sides:</u> Rainbow Veggie Medley Veggie Grab Bag w/Ranch/Hummus	Chicken and Waffles with Syrup and Tater Tots <u>Sides:</u> Caesar Salad Veggie Grab Bag w/Ranch/Hummus
Nat'l Choc Chip Cookie Day!	Tuesday-May 16	Wednesday-May 17	Thursday-May 18	Friday-May 19
Chicken Lo Mein with an Egg Roll <u>Sides:</u> Asian Veggies~~Chocolate Chip Cookie Veggie Grab Bag w/Ranch/Hummus	Teriyaki Beef & Broccoli with Brown Rice <u>Sides:</u> Steamed Broccoli Veggie Grab Bag w/Ranch/Hummus	Toasted Cheese Sandwich with Turkey Bacon <u>Sides:</u> Tomato Soup Veggie Grab Bag w/Ranch/Hummus	Chicken Parmesan with Pasta and Sauce <u>Sides:</u> Kale Salad Veggie Grab Bag w/Ranch/Hummus	Mozzarella Sticks with Parmesan and Pasta <u>Sides:</u> Garden Salad Veggie Grab Bag w/Ranch/Hummus
Nat'l Vanilla Pudding Day!	Tuesday-May 23	Wednesday-May 24	Thursday-May 25	Friday-May 26
Chicken Tenders with Mashed Potatoes <u>Sides:</u> Peas and Carrots~~Vanilla Pudding Veggie Grab Bag w/Ranch/Hummus	Soft Shell Tacos on WG Tortillas <u>Sides:</u> Sweet Corn Veggie Grab Bag w/Ranch/Hummus	Pasta w/Meatballs & Sauce and WG Garlic Bread <u>Sides:</u> Garden Salad Veggie Grab Bag w/Ranch/Hummus	Roasted Chicken with Gravy & Cornbread <u>Sides:</u> Mashed Potatoes Veggie Grab Bag w/Ranch/Hummus	Cheesy Pizza Sticks with Dipping Sauce <u>Sides:</u> Caesar Salad Veggie Grab Bag w/Ranch/Hummus
Monday-May 29	I LOVE the USA!	Wednesday-May 31	<div style="border: 2px solid blue; padding: 5px;"> <p>Lunch Prices: Regular Lunch \$4.00 Extra Entrée: \$2.30 ~ Reduced: \$0.40 ~ Adult: \$4.50~ Milk: \$0.65 *Menu subject to change* Food Service Director: Paul Sample prd@nsfm.com Phone: 609-806-4280 x2950</p> </div>	
Memorial Day- No School "My fellow Americans, ask not what your country can do for you- ask what you can do for your country!" -John F. Kennedy	All American Burger with 3 Cheeses on a WG Bun <u>Sides:</u> Baked Beans-Patriotic Parfait Veggie Grab Bag w/Ranch/Hummus	Cheese Steak Bar With Onions and Mushrooms <u>Sides:</u> Sweet Potato Fries Veggie Grab Bag w/Ranch/Hummus		

This institution is an equal opportunity provider.

Milk: [Skim White](#) [Skim Chocolate](#) [Skim Strawberry](#) [1% White Lactaid](#)