TIGER CAFÉ of PRINCETON

Get the best DEAL...Make it a MEAL!

What's available on the lunch line other than the featured entrée?

TIGER Café Snack Shack

Fresh Veggie	$0.85
Cookie	$0.50
Soft Pretzel	$1.00
Dasani	$1.25
Fresh Fruit	$0.85
Assorted Chips	$1.00
Yogurt Parfait	$1.25
French Fries	$1.00
Ice Cream	$1.00-2.00
Wawa Coffee	$1
Bai	$2.75
Lg Water	$1.00
Sm Water	$0.50
Snapple	$1.35

Snack Healthy in moderation

PIZZA MEAL	HOT SANDWICH MEAL	COLD SANDWICH MEAL	SALAD MEAL
Selection may Include: Plain Pepperoni White Veggie Buffalo Chicken Ricotta Pie	Selection may Include: Chicken Patty Spicy Chicken Patty Cheeseburger Mozzarella Sticks Hot Dog Chicken Cheese Steak Cheese Steak	**Choose a MEAT:** *Turkey, Ham, Salami, Roast Beef, Chicken Salad, Tuna Salad, Egg Salad* **Choose a CHEESE:** *American, Provolone, Swiss, Pepper Jack* **Choose TOPPINGS:** *Lettuce, Tomato, Onion, Peppers, Oil & Vin, Mayo, Mustard, Hot Sauce , Assorted Sauces*	Selection may Include: Chef Salad Crispy Chicken Caesar Grilled Chicken Caesar Garden with Egg and Cheese Buffalo Chicken Hummus Platter

ONLY! $4.00, $0.40 Reduced, Extra Entrée $2.30

First choose your meal! Your meal is your PROTEIN and GRAIN!

Choose at least 1 fruit or veggie. You may take up to 2 fruits & 2 veggies! Milk is included.

What makes a meal?

The agency that governs that school lunch program is the USDA (United States Department of Agriculture). USDA defines a meal as containing a protein, grain, fruit, veggie and milk. Schools must offer all of these components but students are only required to take 3 out of 5 of these components with one being a fruit or veggie.

1. **Protein**: animal meats, cheese, yogurt, certain legumes.
2. **Grain**: *breads, crackers, pasta, cereal, tortilla chips.*

Food Service Director: Paul Sample ~ Email: prd@nsfm.com ~ Phone: 609-806-4280 ext. 2950 **Menu Subject To Change**

This Institution Is An Equal Opportunity Provider.