

September 2017
John Witherspoon
Middle Lunch Menu
PRINCETON

Let's Go Tigers!

Daily Fruit Offerings:
Fresh, Cupped, 100% Juice
All Salads Come With a Grain.
 Click here to view your lunch account:
www.mvschoolbucks.com



Veggie Grab Bag:
Daily Raw Veggie Choices
 Carrots, Peppers, Celery
 Seasoned Beans, Tomatoes
 Broccoli, Mixed Bag

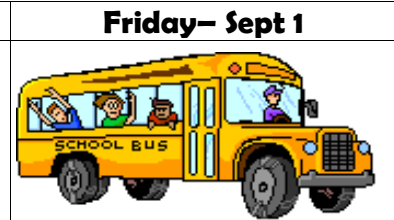
Choose 1 Entrée
 Includes 2 Fruit & 2 Veggie Choices!

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

THINK BALANCE!
 A Balanced Tray Includes...
 Grain ~ Protein ~ Fruit ~ Vegetable ~ Milk

Lunch Prices: Regular Lunch \$4.00
 Extra Entrée: \$2.30 ~ Reduced: \$0.40 ~
 Adult: \$4.75 ~ Milk: \$0.65
 Food Service Director: Paul Sample prd@nsfm.com
 Phone: 609-806-4280 x2950 *Menu subject to change*

Sept 13: Celiac Awareness Day– Made with ground meat & served with corn chips.
Sept 14: Wacky Watermelon Day– a watermelon pop will be served as a treat!
Sept 22: First Day of Fall– harvest pudding is a combination of pumpkin and pudding.



| | | | | |
|---|---|---|---|--|
| Milk Choices: Skim White, Chocolate, Strawberry, 1% White | | | | |
| Monday-Sept 4 Happy Labor Day! Fun Fact.... In the past, Labor Day used to be the last fashionable day to wear white! | Tuesday-Sept 5 WELCOME!  | Wednesday-Sept 6  | Thursday-Sept 7 Chicken Nuggets with a WG Biscuit Sides: Peas and Carrots Veggie Grab Bag w/Ranch/Hummus | Friday- Sept 8 Stuffed Pizza Sticks with Dipping Sauce Sides: Caesar Salad Veggie Grab Bag w/Ranch/Hummus |
| Monday-Sept 11 Grown-Up Grilled Cheese with 3 Cheeses & Turkey Bacon Sides: Green Beans Veggie Grab Bag w/Ranch/Hummus | Tuesday-Sept 12 Meatball Parmesan on a WG Torpedo Roll Sides: Garlic and Parmesan Fries Veggie Grab Bag w/Ranch/Hummus | Celiac Awareness Day! Nachos Grande with Corn Chips & Toppings Sides: Sweet Corn Veggie Grab Bag w/Ranch/Hummus | Wacky Watermelon Day! BBQ Baked Chicken with Corn Bread Sides: Baked Beans ~ Watermelon Pop Veggie Grab Bag w/Ranch/Hummus | Friday- Sept 15 Cheesesteak Bar with Onions and Mushrooms Sides: Garden Salad Veggie Grab Bag w/Ranch/Hummus |
| Monday-Sept 18 Bloomin Onion Burger with an Onion Ring on a Bun Sides: Swirly Curly Fries Veggie Grab Bag w/Ranch/Hummus | Tuesday-Sept 19 Teriyaki Beef & Broccoli over Brown Rice Sides: Oriental Veggies Veggie Grab Bag w/Ranch/Hummus | Wednesday-Sept 20 Spaghetti & Meatballs with Garlic Toast Sides: Spinach and Strawberry Salad Veggie Grab Bag w/Ranch/Hummus | Thursday-Sept 21 ROSH HASHANAH SCHOOL CLOSED | First Day of Fall! Hot Dog Bar with Sauerkraut & Baked Beans Sides: Caesar Salad ~ Harvest Pudding Veggie Grab Bag w/Ranch/Hummus |
| Monday-Sept 25 Mozzarella Sticks with Pasta and Parmesan Sides: Veggie Medley Veggie Grab Bag w/Ranch/Hummus | Tuesday-Sept 26 Taco Twins with Corn Shells & Toppings Sides: Succotash Veggie Grab Bag w/Ranch/Hummus | Wednesday-Sept 27 Chicken Tenders with Waffles and Syrup Sides: Baked Tater Tots Veggie Grab Bag w/Ranch/Hummus | Thursday-Sept 28 Chicken Broccoli Alfredo with Penne Pasta Sides: Garden Salad Veggie Grab Bag w/Ranch/Hummus | Friday- Sept 29 Beef Lo Mein with Broccoli Sides: Oriental Veggies Veggie Grab Bag w/Ranch/Hummus |