



# September 2017 High School Lunch Menu PRINCETON



**Daily Fruit Offerings:**  
Fresh, Cupped, 100% Juice  
All Salads Come With a Grain.  
Click here to view your lunch account:  
[www.myschoolbucks.com](http://www.myschoolbucks.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 **PICK 2 FRUITS** + Cooked/Raw Veggie Patch **PICK 2 VEGGIES**

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

Lunch Prices: Regular Lunch \$4.25  
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 ext 2850 \*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.



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

This institution is an equal opportunity provider.