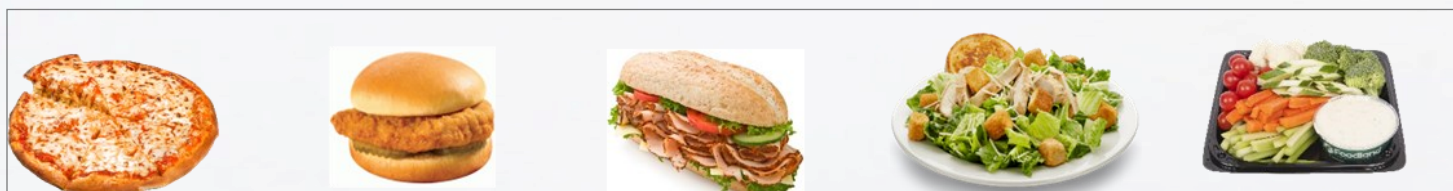


November 2023

MS/HS Lunch Delsea School District

FRUIT: Fresh, Cupped & 100% Fruit Juice
MILK: Skim White, Skim Chocolate, Skim Strawberry, 1% White, Lactaid

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Includes: Protein Grain Fruit Veggie Milk Choose at least 3 out of 5 components— 1 must be a fruit or veggie. You may take 2 fruits & 2 veggies! Lunch Prices: Student Paid: \$3.35 / Free & Reduced: Free / Adult Lunch: \$4.50		1 General Tso Chicken Over Rice Broccoli & Carrots	2 Chicken Cheesesteak French Fries	3 Pizza Slice Green Beans
6 Meatball Sandwich French Fries	7 Nacho Grande w/Lettuce, Tomato, Cheese Corn Niblets	8 Half Session Breakfast Only	9 NJEA Convention No School	10 Pizza Slice Side Salad
13 Beef a Roni Garlic Bread Side Salad	14 Twin Tacos w/Lettuce, Tomato, Cheese Green Beans	15 Chicken Teriyaki Over Rice Steamed Broccoli	16 Hot Turkey Mashed Potatoes Corn Niblets	17 Pizza Slice Steamed Carrots
20 Cheesesteak Sandwich Baked Beans	21 Nacho Grande w/Lettuce, Tomato, Cheese Corn Niblets	22 Half Session Breakfast Only	23 No School Thanksgiving	24 No School Thanksgiving
27 BBQ Chicken Macaroni & Cheese Sweet Peas	28 Twin Taco w/Lettuce, Tomato, Cheese Corn Niblets	29 Asian Chicken Over Rice Steamed Broccoli	30 Cheesesteak Sandwich Carrot Coins	CAFÉ CONTACT INFO: Pat Rattell Food Service Director drs@nsfm.com Phone: 856-694-0100 #265 *Menu subject to change



Daily Entrée— Check for Daily Options			Vegetable Patch
Hot Sandwich Meal	Cold Sandwich Meal	Salad Meal	With Dip
Breaded Chicken Sandwich	Italian Hoagie	Crispy Chicken Salad	Baby Carrots
Spicy Chicken Sandwich	Turkey Hoagie	Chicken Caesar Salad	Broccoli Bites
Cheeseburger	Ham Hoagie	Garden Salad w/ Egg	Celery Sticks
	Peanut Butter & Jelly	Chef Salad	Beanie Bites