



**(V) = Vegetarian Ingredients (GF) = Gluten-Free Ingredients**

**SEPTEMBER  
Lunch Menu**  
Saint Joseph  
Regional School

**DAILY ALTERNATES:**  
Cereal and Yogurt  
PB & J Sandwich  
Bagel and Cream Cheese  
Grilled Chicken Caesar Salad

**Choose 1 Entrée.**  
Lunch Includes:  
Protein ~ Grain ~Fruit~ Veggie ~Milk  
Choose at least 3 out of 5 components  
including a fruit or veggie. You may take  
2 fruits & 2 veggies.  
All salads come with a grain.  
Daily Fruit offerings include: Fresh,  
Cupped & 100% Juice  
Click to view your lunch account:  
[www.schoolpaymentportal.com](http://www.schoolpaymentportal.com)

Fresh veggies such as cucumbers, carrots, peppers or celery are available daily with ranch dip.

<b>CAFÉ CONTACT INFO:</b> Maris Hilferty (Food Service Director) SJR@nsfm.com Phone: 609-927-2228 ext 15 Milk: Skim Chocolate, 1% White *Menu subject to change. Supply chain issues continue to permeate the food service industry leading to product stockouts. We are doing our best to serve what is menued & when that is not possible choosing the best possible substitute. This institution is an equal opportunity provider.		<b>Thursday-September 1</b>		<b>Friday-September 2</b>	
		No School		No School	
<b>Monday-September 5</b>	<b>Tuesday-September 6</b>	<b>Wednesday-September 7</b>	<b>Thursday-September 8</b>	<b>Friday-September 9</b>	
Labor Day No School	Half Day	Half Day	Half Day	Half Day	
<b>Monday-September 12</b>	<b>Tuesday-September 13</b>	<b>Wednesday-September 14</b>	<b>Thursday-September 15</b>	<b>Friday-September 16</b>	
Michelli's Pizza  Garden Salad Fruit of the Day	Hamburger or Cheeseburger Lettuce Tomato  Vegetable of the Day Fruit of the Day	Pancakes with Bacon  Vegetable of the Day Fruit Smoothie	Chicken Tenders Mac and Cheese  Vegetable of the Day Fruit of the Day	Beef Soft Tacos Salsa, Sour Cream and Guacamole  Corn Fruit of the Day	
<b>Monday-September 19</b>	<b>Tuesday-September 20</b>	<b>Wednesday-September 21</b>	<b>Thursday-September 22</b>	<b>Friday-September 23</b>	
Maurizio's Pizza  Garden Salad Fruit of the Day	Breakfast Burrito Tortilla and eggs Avocado, Cheese and Salsa on Side Vegetable of the Day Fruit of the Day	Mozzarella Sticks With Marinara  Roasted Broccoli Fruit of the Day	Dutch Waffles With Sausage  Vegetable of the Day Fruit Smoothie	Cheesesteak With Fries  Vegetable of the Day Fruit of the Day	
<b>Monday-September 26</b>	<b>Tuesday-September 27</b>	<b>Wednesday-September 28</b>	<b>Thursday-September 29</b>	<b>Friday-September 30</b>	
Michelli's Pizza  Garden Salad Fruit of the Day	Chicken Tenders With Mash potatoes  Vegetable of the Day Fruit of the Day	Baked Ziti With Meatballs  Vegetable of the Day Fruit of the Day	Pancakes With Sausage  Vegetable of the Day Fruit Smoothie	Chicken Fajitas Salsa, Sour Cream and Guacamole  Vegetable of the Day Fruit of the Day	