

January 2023

Saint Joseph Regional School

DAILY ALTERNATES:
 1. Grilled Chicken Caesar Salad
 2. Bagel and Yogurt
 3. Cereal and Yogurt

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Chelsea Pizza Vegetable of the Day Fruit of the Day	4 Chicken Tenders French Fries Vegetable of the Day Fruit of the Day	5 French Toast Sticks Bacon Vegetable of the Day Fruit of the Day	6 Half Day
9 Michelli's Pizza Vegetable of the Day Fruit of the Day	10 Butter Noodles Meatballs Vegetable of the Day Fruit of the Day	11 Pancakes and Bacon Vegetable of the Day Fruit of the Day	12 Grilled Cheese Tomato Soup Vegetable of the Day Fruit of the Day	13 Chic-fil-A Fundraiser for 8th grade Dance! Information to order coming soon
16 No School	17 Primo Pizza Vegetable of the Day Fruit of the Day	18 Chicken Tenders Mac and Cheese Vegetable of the Day Fruit of the Day	19 Baked Ziti Meatballs Vegetable of the Day Fruit of the Day	20 Hamburger or Cheeseburger Curly Fries Vegetable of the Day Fruit of the Day
23 Chelsea Pizza Vegetable of the Day Fruit of the Day	24 Beef Tacos Rice Vegetable of the Day Fruit of the Day	25 Butter Noodles Meatballs Vegetable of the Day Fruit of the Day	26 Chicken Tenders Mashed Potatoes Vegetable of the Day Fruit of the Day	27 Mozzarella Sticks Chicken Noodle Soup Vegetable of the Day Fruit of the Day
30 Michelli's Pizza Vegetable of the Day Fruit of the Day	31 Breakfast Sandwich Bacon Egg and Cheese Vegetable of the Day Fruit of the Day	<div style="border: 1px solid black; padding: 5px;"> <p>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!</p> <p>Lunch Prices Student Paid: \$0.00 Free & Reduced Status: free! Adult Lunch: \$0.00</p> </div>		
<p>CAFÉ CONTACT INFO: Maris Hilferty, Kitchen Manager SJR@nsfm.com Phone: 609-927-2228 ext 15 *Menu subject to change</p>				

View your lunch account: www.schoolpaymentportal.com |



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