

March 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

Monday	Tuesday	Wednesday	Thursday	Friday
<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: \$4.50</p>	<p>CAFÉ CONTACT INFO:</p> <p>Maris Hilferty Kitchen Manager sjr@nsfm.com Phone: 609-927-2228 ext 15 *Menu subject to change</p>	<p>1</p> <p>Pancakes Bacon</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>2</p> <p>Chicken Tenders French Fries</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>3</p> <p>Half Day</p>
<p>6</p> <p>Chelsea Pizza</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>7</p> <p>Butter Noodles Meatballs</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>8</p> <p>French Toast Sticks Bacon</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>9</p> <p>Hamburger or Cheeseburger French Fries</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>10</p> <p>Grilled Cheese Tomato Soup</p> <p>Vegetable of the Day Fruit of the Day</p>
<p>13</p> <p>Michelli's Pizza</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>14</p> <p>Chicken Tenders Mac and Cheese</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>15</p> <p>Chicken Fajitas Rice</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>16</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>17</p> <p>No School</p>
<p>20</p> <p>Primo Pizza</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>21</p> <p>Mozzarella Sticks Chicken Noodle Soup</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>22</p> <p>Chic-fil-A Fundraiser for 8th Grade Dance! Information to order coming soon</p>	<p>23</p> <p>Butter Noodles Meatballs</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>24</p> <p>Pancakes Fruit Smoothie</p> <p>Vegetable of the Day Fruit of the Day</p>
<p>27</p> <p>Michelli's Pizza</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>28</p> <p>Bakes Ziti Meatballs</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>29</p> <p>Dutch Waffles Bacon</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>30</p> <p>Cheesesteak French Fries</p> <p>Vegetable of the Day Fruit of the Day</p>	<p>31</p> <p>Egg and Cheese Breakfast Bagel Hash Browns</p> <p>Vegetable of the Day Fruit of the Day</p>