



Power Your Mind & Body with Healthy Choices: **Fruit** ~ **Veggie**



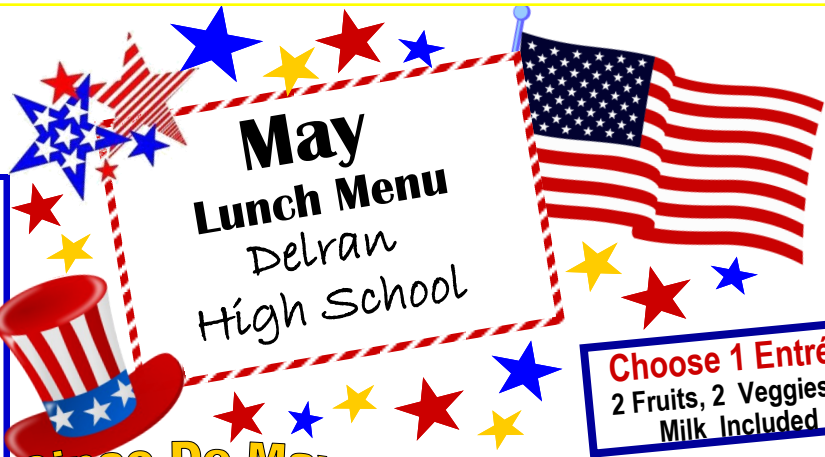
Let's Go Bears!

Assorted Raw Veggie Grab Bag Offered Daily

Choose From:
Carrots, Broccoli, Celery, Potato Salad, Mixed Patch
Served with Ranch or Hummus Dip

Fruit: Fresh/Cupped/Juice Offered Daily

Assorted Fresh: Apples, Oranges, Grapes, Bananas, Pears
Assorted Cupped: Pineapple, Peaches, Pears, Mixed Fruit
Assorted Juice: Grape, Apple, Orange



May Lunch Menu
Delran High School

Choose 1 Entrée.
2 Fruits, 2 Veggies, & Milk Included

Lunch Prices: Regular Lunch: \$2.35 Premium Lunch: 2.85

Cinco De Mayo!

Monday-May 5

Taco Twins
w/ Toppings
Sides:
Refried Beans-Corn-Churro

Monday-May 12

Popcorn Chicken
w/ Cheesy Broccoli Rice
Sides:
Rainbow Veggie Medley

Monday-May 19

Mozzarella Stixs
Pasta side
Sides:
Sautéed Spinach

Monday-May 26

Memorial Day!
"My fellow Americans, ask not what your country can do for you—ask what you can do for your country." -John F. Kennedy

Tuesday-May 6

Ham & Cheese
On a Pretzel Bun
Sides:
Old Bay Fries/Kale Chips

Tuesday-May 13

Meatball Parmesan
On a Torpedo
Sides:
Bacon & Broccoli Salad

Tuesday-May 20

Philly Cheese Steak
On a Bun
Sides:
Broccoli & Carrots

Tuesday-May 27

French Toast Stixs
Ham Roll Ups
Sides:
Hash Brown/Cherry Crisp

Wednesday-May 7

Chicken Nuggets
Garlic Bread
Sides:
Cheesy Broccoli Bake

Wednesday-May 14

Sloppy Joe on a Bun-
Buttered Noodle-
Sides:
Green Beans

Wednesday-May 21

Chicken Parmesan
On a Kaiser
Sides:
Green Beans

National Hamburger Day!

Wednesday-May 28

Country BBQ Burger
w/ Cheese, Bacon, BBQ
Sides:
Cheese Fries/Brownie

Thursday-May 1

French Toast Stixs
w/Ham Roll Ups
Sides:
Warm Apple Slices

Thursday-May 8

Philly Cheesesteak
On a Torpedo Roll
Sides:
Peppers & Onions

Thursday-May 15

Twin Hot Dogs
On a Bun
Sides:
Old Bay Fries/Baked Beans

Thursday-May 22

Nachos Grande
w/ Chips & Toppings
Sides:
Succotash

Thursday-May 29

Chicken Quesadilla
On a Tortilla
Sides:
Zucchini Veggie Medley

Friday-May 2

Personal Pan Pizza
Plain or Pepperoni
Sides:
Mixed Greens Salad

Friday-May 9

Big Daddy's
By The Slice
Sides:
Caesar Salad w/ Spinach

Friday-May 16

French Bread Pizza
Plain or Pepperoni
Sides:
Mixed Greens Salad

Delran HS Picnic Day

Friday- May 23

Hamburgers & Hot Dogs
On a Bun & Chips
Sides:
Watermelon
Icy Juicy

Friday-May 30

Big Daddy's Pizza
By The Slice
Sides:
Spinach & Greens Salad

Reduced: \$0.40 Adult: \$3.50 Milk: \$0.50



SNACKHEALTHY ~ In Moderation after a Balanced Lunch

Nutritional and allergy info on school website!

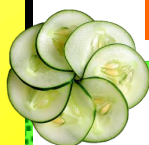
Philly Soft Pretzel \$ 0.60 Large Chip \$ 0.50 Smartfood Popcorn \$ 0.50 Homemade Soup \$ 1.50
 Cookie \$ 0.40 1/2 oz. Chip \$ 0.35 Fresh Bread Stick \$ 0.75 Pop Tart \$ 0.75

Each Lunch Includes:
2 Fruits & 2 Veggies



	Monday	Tuesday	Wednesday	Thursday	Friday
	Burger & Potato Pizza Hot Dog on a Bun	Burger & Potato Grilled Cheese Buffalo Chicken Patty	Burger & Potato Pizza Hot Ham & Cheese	Burger & Potato Grilled Cheese Buffalo Chicken Patty	Burger & Potato Pizza Meatball Sandwich
	Deli Bar Available Daily: Assorted Whole Grain Wraps, Bread or Rolls. Deluxe Lunch	Available Daily: Assorted Lunch Meats, Tuna, Egg or Chicken Salads,	With Assorted Toppings: Tomatoes, Lettuce, Hot-Peppers, Onions, Pickle Spears	Macaroni, Cole Slaw or Potato Salad Choice of 1/2 ounce of Chips or Pretzels	Choice of Milk, Fruit and or Juice and Veggies of the Day
	Salad Bar Available Daily Deluxe Lunch	Choices include: Mixed Greens, Spinach, grape tomatoes, carrots, beets, nuts,	Cucumbers, mushrooms, cheddar cheese, mozzarella cheese,	Chic peas, croutons, egg, peas, green and red peppers	French bread stick, assorted fruits and meats
	Assorted Grab n Go's Available Daily	Choices Include:	Tuna Salad Sandwich American Hoagie	Hummus Platter Turkey & Cheese Peanut Butter & Jelly	Cheese Hoagie Italian Hoagie

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Vary Your Veggies!

The more vibrant the color the more nutrients!
Veggie Grab Bag Choices include:

Baby Carrots, Potato Salad, Celery Sticks, Broccoli Bites, Mixed Patch

Got Milk?- Included with Lunch Purchase

Milk is one of the best sources of Calcium and Vitamin D.
This is essential for bone growth & development!
Skim White, Chocolate & Strawberry, 1% White



We call it our...
Nutrition Intuition

In 1987, Registered Dietitian Karen Fynan built a company based on the principles of *Nutrition & Service* naming her company **Nutri-Serve** Food Management to reflect these beliefs. Nutrition has always been at the forefront of menu planning with the goal of creating a serving line that teaches our customers about healthy meals. We believe our exponential growth to 83 districts over the last 25+ years is a result of our commitment to serve tasty and healthy meals to our customers. Nutri-Serve's Corporate Dietitian, Kristen Mueller, RD, works collaboratively with our leadership team to plan our monthly menus and provides nutrition support and education to students, athletes &

FRUIT OF THE MONTH
Strawberries

Silly Strawberries!

What did one strawberry say to the other?
If you weren't so fresh, we wouldn't be in a jam.

Berry Popular Fruit

- Over 53 percent of seven to nine year olds picked strawberries as their favorite fruit.

Seedy Strawberries

- Strawberries are the only fruits with seeds on the outside.
- One strawberry can have more than 200 seeds on it!

Strawberries = Springtime

- Strawberries are the first fruit to ripen in Spring.

Strawberries Spike Your Calorie Burn

- Strawberries contain nitrates which promote calorie burn. One study found that those who ate strawberries prior to a workout burned 100 calories more doing the same workout.
- Eating nitrate-rich strawberries can increase the flow of blood & oxygen to the muscles by 7%. preventing muscle fatigue, making exercise easier.



Strawberries are featured in the Spinach & Strawberry Salad & Patriotic Parfait



Enjoy Kale in the Kale salad and try kale chips!



Stay Hydrated!

Aim for 8 glasses a day!
 More than half your body is water!



Drink Choices	Prices
Milk	\$ 0.50
Apple/Grape	\$ 0.50
Water Bottle	\$ 1.00
Snapple Tea	\$ 1.00
Sparkling Ice	\$ 2.00
Pineapple Juice	\$ 1.50
Vitamin Water	\$ 1.50

Look for low cal drinks!
 Snapple Juice
 Vitamin Water
 Sparkling Ice
 Waters

VEGGIE OF THE MONTH
Kale

Go Crazy For Kale!

- "Every leaf of kale you chew adds another stem to your tree of life"- **Ancient Turkish Saying** (NationalKaleDay.org)
- This leafy green is nutrition packed!

Clever Kale

Make Kale a part of your studying routine... Why?

- Sulforaphane**- Improve learning and memory.
- Folates**- Promote brain cell health
- Omega-3-fatty acids (ALA)**- Lowers risk of depression and helps decrease anxiety.

The Tale of Kale

- Kale has some Jersey Roots—There is an extremely tall variety of kale called "Jersey kale" or "cow cabbage".



Kale is Cool!

- Kale continues to produce into late winter.
- A frost actually makes kale taste sweeter.



Look for these cool new menu items throughout the school year!



Entrée Descriptions

Some Insight Into Our Menu Magic

Grown-up Grilled Cheese

We take the traditional grilled cheese to a whole new level! With American, mozzarella & cheddar cheeses all melted on whole grain white bread with a slice of turkey bacon— you will be loving grilled cheese for years to come!

Antipasto Salad

Ham & Cheese rolls, salami triangles, and pepperoni circles served over a garden salad. It's like your favorite Italian sandwich over a bed of greens.

American & Bacon on a Pretzel Bun

Pretzel buns are the trendy new way to make one awesome sandwich. Turkey bacon and American cheese on a *whole grain* pretzel bun sounds like the perfect healthy school lunch modification!

Turkey Pot Pie in a Bread Bowl

Nothing like a delicious home style food choice. The homemade turkey pot pie in a bread bowl features diced turkey, peas, carrots, and green beans. This is served in a soft whole grain bread bowl. It is a hearty and balanced choice!

COUNTRY BBQ BURGER

Looking forward to those summer barbeques? A cheeseburger is a great source of iron promoting healthy growth. We top it with turkey bacon and BBQ sauce and serve it with tomato/cucumber salad.

Buffalo Chicken Salad

Hot sauce is a hit across all age groups. Chicken tossed in buffalo sauce over greens is the perfect way to get students to eat their veggies! We love it with blue cheese or light ranch dressing.

Taco Twins

Ground beef is a great source of iron for our growing customers. Taco Twins are easy-to-eat and are very eye appealing. Nachos and tacos are always a huge hit with our customers.



Looking Fresh!



Turkey Pot Pie in a bread bowl is a great way to balance grains, protein & veggies in one!



Taco Twins are easy-to-eat and an excellent source of iron for our growing customers!