

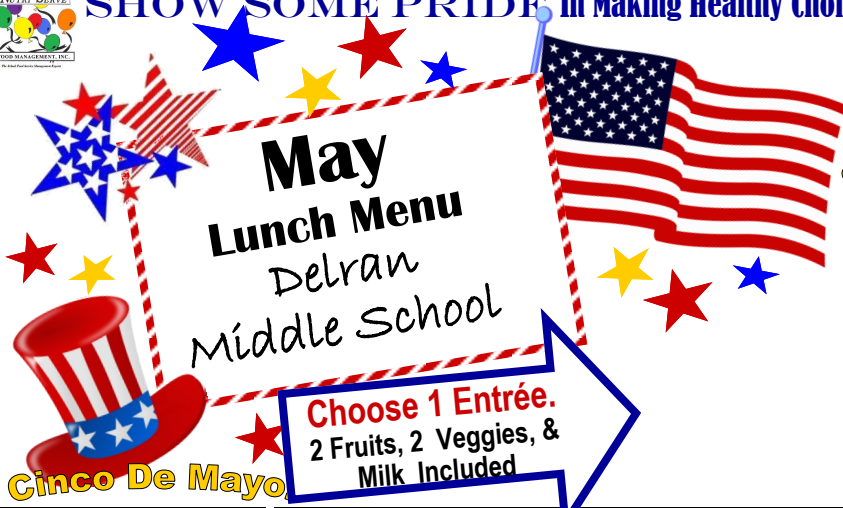


SHOW SOME PRIDE In Making Healthy Choices With Nutri-Serve!

Fun Days are Highlighted! (May 1, 5, 22, 28)



DAILY ALTERNATES:
Grab & Go Sandwiches
Burger & Potato



May Lunch Menu Delran Middle School

Cinco De Mayo

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

Celebrate Strawberry Month!
Thursday–May 1

Friday–May 2

Cheesy Baked Ziti
w/ Garlic Toast
Chicken Ranch BLT Wrap
Antipasto Salad
Sides:
Spinach & Strawberry Salad
Broc Bites w/ Ranch Dip

French Bread Pizza
Plain or Pepperoni
Cheeseburger on a Bun
Chic Sal Sliders w/ Grapes
Sides:
Vege-licious Garden Salad
Mixed Patch w/Hummus/Dip

Monday–May 5

Tuesday–May 6

Wednesday–May 7

Thursday–May 8

Friday–May 9

Taco Twins
w/ Sour Cream & Toppings
Turkey Hoagie
Chicken Cobb Salad
Sides:
Refried Beans-Corn-Churro
Carrots w/ Hummus/Dip

Turkey Pot Pie
In a Bread Bowl
Hot Dog on a Bun
Chicken Caesar Salad
Sides:
Mashed Potatoes
Celery w/ Ranch Dip

Chicken Nuggets
w/ a Breadstick
Turkey & Cheese Pinwheels
Buffalo Chicken Salad
Sides:
Cheesy Broccoli Bake
Potato Salad

Philly Cheesesteak
On a Torpedo Roll
Chicken Ranch BLT Wrap
Garden Salad
Sides:
Sautéed Spinach/Brocc Bites
Fresh Grapes

Big Daddy's Pizza
Pizza Deluxe Lunch
Cheeseburger on a Bun
Chic Sal Sliders w/ Grapes
Sides:
Caesar Salad w/ Spinach
Mixed Patch w/Hummus/Dip

Monday–May 12

Tuesday–May 13

Wednesday–May 14

Thursday–May 15

Friday–May 16

Popcorn Chicken
w/ Cheesy Broccoli Rice
Turkey Hoagie
Chicken Cobb Salad
Sides:
Rainbow Veggie Medley
Carrots w/ Hummus/Dip

Meatball Parmesan
On a Torpedo
Hot Dog on a Bun
Chicken Caesar Salad
Sides:
Bacon & Broccoli Salad
Celery w/ Ranch Dip

Hot Ham & Cheese
On a Pretzel Bun
Hot Dog on a Bun
Buffalo Chicken Salad
Sides:
Garlic & Parm Fries-Kale Chips
Potato Salad

Mini Pancakes
w/ Ham Roll Up
Chicken Ranch BLT Wrap
Garden Salad
Sides:
Tumblin Tator Tots
Broc Bites w/ Ranch Dip

Big Daddy's Pizza
Pizza Deluxe Lunch
Cheeseburger on a Bun
Chic Sal Sliders w/ Grapes
Sides:
Vege-licious Garden Salad
Mixed Patch w/Hummus/Dip

Monday–May 19

Tuesday–May 20

Wednesday–May 21

Nat'l Vanilla Pudding Day!

Thursday–May 22

Friday–May 23

Mozzarella Stix
w/ Pasta Side
Turkey Hoogie
Chicken Cobb Salad
Sides:
Rainbow Veggie Medley
Carrots w/ Hummus/Dip

Chicken Patty
On a Bun
Hot Dog on a Bun
Chicken Caesar Salad
Sides:
Krazy Kale Salad
Celery w/ Ranch Dip

**Just a reminder that
a choice of fresh
fruits are available
daily for lunch!!!!
1/2 Day
Breakfast Only**

Nachos Grande
w/ all the fixings
Chicken Ranch BLT Wrap
Antipasto Salad
Sides:
Succotash-Vanilla Pudding
Broccoli Bites/Dip

Big Daddy's Pizza
Pizza Deluxe Lunch
Cheeseburger on a Bun
Chic Sal Sliders w/ Grapes
Sides:
Salad w/Tomato & Mozz Cheese
Mixed Patch w/Hummus/Dip

Monday–May 26

Tuesday–May 27

National Hamburger Day!

Wednesday–May 28

Thursday–May 29

Friday–May 30

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
In the spirit of Memorial Day do something nice for a family member or friend!

Oven Roasted Chicken
Hot Dog on a Bun
Chicken Caesar Salad
Sides:
Old Bay Fries-Patriotic Parfait
Baked Beans

Country BBQ Burger
w/ Cheese, Bacon, BBQ
Turkey & Cheese Pinwheels
Buffalo Chicken Salad
Sides:
Tomato & Cucumber Salad
Potato Salad

Chicken Quesadilla
On a Tortilla
Chicken Ranch BLT Wrap
Antipasto Salad
Sides:
Veggie Medley/Brocc Bites
Fresh Grapes

Personal Pan Pizza
Plain or Pepperoni
Cheeseburger on a Bun
Chic Sal Sliders w/ Grapes
Sides:
Silly Spinach Salad
Mixed Patch w/Hummus/Dip

Lunch Prices: Regular Lunch \$2.10 ~ Deluxe: \$2.35~ Reduced: \$0.40 ~ Adult: \$3.50~ Milk: \$0.50

Food Service Director: Fiorangela Hummel drn@nsfm.com ~ Phone: 856-461-6100 ext. 3027 *Menu subject to change



SnackHealthy ~ In Moderation after a Balanced Lunch

Premium Chip	\$ 0.75	Cookie	\$ 0.40	Bagel	\$ 1.10
Large Chip	\$ 0.50	Soft Pretzel	\$ 0.60	Homemade Soup	\$ 1.00



Check out the school website for a listing of nutrition info/ allergy info!



Love the Crunch?

Each day we offer a different vegetable fresh from the Veggie Patch served daily w/ranch or hummus!

Did you know?!?

Vegetables lose some nutrients when cooked. Another reason to love the crunch!

Our Veggie Lineup:

Monday: *Baby Carrots*

Tuesday: *Celery Sticks*

Wednesday: *Potato Salad*

Thursday: *Broccoli Bites*

Friday: *Mixed Patch w/Hummus/Dip*



Got Milk?

Included with Lunch Purchase

Milk is one of the best sources of Calcium & Vitamin D. This is essential for healthy bone growth & development!

Skim White, Chocolate & Strawberry, 1% White



Stay Hydrated!

Aim for 6 glasses a day!

Drink Choices Prices

Milk Carton	\$ 0.50
Juice Cup	\$ 0.50
Water	\$ 0.50

More than half of your body is water!

Pre-Pay for Your Lunches!

It's easy & convenient!

Click the lunch time tab on the top of the district web page to view transactions and deposit money on your child's account.



May Fun Days (Highlighted on Menu)

May 5: Cinco De Mayo!

Cinco de Mayo, or the fifth of May, commemorates the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. It is a relatively minor holiday in Mexico but in the United States it has evolved into a celebration of Mexican culture and heritage which include parades, mariachi music and street festivals. Mexican style entrees such as quesadillas, nachos and taco twins continue to be popular choices with our customers! Lunch on Cinco De Mayo will feature taco twins served with corn, refried beans and a churro!



May 28: National Hamburger Day!

The concept of today's hamburger originated during the 12th century by the Mongols of China led by Genghis Kahn. The Mongols would place beef under their saddles where trotting of the horse would mince the meat as the heat of the horse cooked it. Beef provided the warriors with protein and eliminated the need to stop on long journeys.

In 1921, White Castle began the mass distribution of the fast food hamburger with a tiny hamburger sold for 5 cents! Holes were later added to the patty to speed up cooking times and eliminate the need for flipping.



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 & school staff.



I've got some EGG-CELLENT food safety tips!

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.



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.



Balloons for a Balanced Lunch

Our nutrition education involves the healthy marketing of our serving line. To teach the concept of balance to our elementary-aged customers we use the concept of **Balloons for a Balanced Lunch**. Each balloon represents a different food group.

Blue is milk, Red is fruits, Green is vegetables, Yellow is grain, Purple is protein.

A lunch tray with every color balloon is a healthy one!





Entrée Descriptions ~ 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 and 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

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

Country BBQ Burger

Looking forward to those fun 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 and potato salad.

HOT CORDON BLUE WRAP

A chopped up breaded chicken tender with ham and cheese wrapped up and served warm.

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.

CHICKEN COBB SALAD

Kids are often drawn to a salad that is presented as more than just veggies. This salad is topped with chicken, turkey bacon, egg, and cheese.

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.

Chicken Salad Sliders w/Grapes

It's a unique twist on traditional chicken salad...we add chopped grapes for a touch of sweetness! This delicious chicken salad is served on mini two-bite sliders. An easy to eat finger food for our young customers!

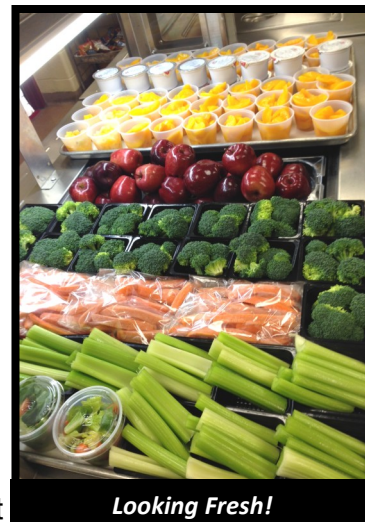
Sides:

Garlic & Parmesan Fries— We bake our fries in a blend of parmesan cheese and garlic.

Patriotic Parfait— In celebration of Memorial Day this red, white and blue treat is layered with jello, whipped cream and strawberries.

Toasty Bean Bites— garbanzo beans baked in light olive oil and tossed with a touch of hot sauce. The crunchy texture is appealing to customers!

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



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!



Buffalo Chicken Salads are popular across the board!