



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



June Lunch Menu

Delran High School



Let's Go Bears!

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
Veggie Patch: Featured Daily Raw Veggie Choices
Carrots, Cucumbers, Corn Salad, Broccoli

CHOOSE 1 ENTRÉE.

2 Fruits, 2 Veggies, & Milk Included

Cheese Lovers Day!
★ Wednesday-June 4 ★

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

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

★ **Nat'l Choc Ice Cream Day!** ★
Monday-June 9

Monday-June 2
Chicken Nuggets
w/ a Dinner Roll
Sides:
Glazed Carrots

Tuesday-June 3
French Toast Sticks
w/ Ham Roll-Up
Sides:
Hash Brown

Wednesday-June 4
Mozzarella Sticks
Pasta & Marinara Sauce
Sides:
Green Beans

Thursday-June 5
Chicken Quesadillas
w/ all the fixings
Sides:
Golden Corn

Friday-June 6
Big Daddy's Pizza
By The Slice
Sides:
Mixed Greens Salad

Monday-June 9
Hot Ham & Cheese
On a Pretzel Bun/Fries
Sides:
Vanilla & Chocolate Dixie Cup

Tuesday-June 10
Bourbon or Tangerine Chicken w/ rice
Sides:
Broccoli & Carrots

Wednesday-June 11
Buffalo Chicken Sand.
w/ Macaroni Salad
Sides:
Peas & Carrots

Thursday-June 12
Twin Hot Dogs
w/ Potato Pierogies
Sides:
Veggie Beans

Friday-June 13
1/2 Day Breakfast Only

Monday-June 16
1/2 Day Breakfast Only

Tuesday-June 17
1/2 Day Breakfast Only

Wednesday-June 18
1/2 Day Breakfast Only

Thursday-June 19
1/2 Day Breakfast Only
Last Day of School!
Have a great Summer!

Friday-June 20

Monday-June 23

Tuesday-June 24

Wednesday-June 25

Thursday-June 26

Friday-June 27



SNACKHEALTHY ~ In Moderation after a Balanced Lunch

Nutritionals and allergy info on school website!

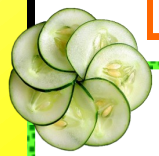
Philly Soft pretzel	\$ 0.60	Large Chip	\$ 0.50	Bagel	\$ 1.10	Homemade Soup	\$ 1.00
Cookie	\$ 0.40	Premium Chip	\$ 0.75	French Fries	\$ 1.25	Fresh Bread Stick	\$ 0.75

Each Lunch Includes:
2 Fruits &



	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, Corn Salad, Pepper Strips, Broccoli Bites, Cucumbers

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 & school staff.

FRUIT OF THE MONTH Blueberries

Be a Berry Superstar

- Native Americans once called them "star berries," because the five points of blueberry blossoms make a star.



North American Native

- Blueberries are one of the only native fruits to North America where 95% of commercial blueberries are grown. New Jersey produces 25% of North American berries!
- Blueberry plants have been around for 13,000 years and are one of the only naturally blue foods!

New Jersey Roots



- We can buy and enjoy blueberries today thanks to the efforts of two enthusiastic New Jersey-ans in the early 1900s.
- Elizabeth White, the daughter of a New Jersey farmer teamed up with Dr. Frederick Coville to identify wild blueberry plants with the most desirable properties, crossbreeding them in Whitesbog, New Jersey in 1916.
- In **commemoration**, the 31st Blueberry festival will be held on June 28, 2014 in Whitesbog.

Star Berry!

Pre-Pay for Your Lunches!
It's easy & convenient!
Click on the link below to view your child's lunch transactions & check the account balance!
<https://www.schoolpaymentportal.com/>



Blueberries are featured in the Blueberry & Peach Fruit Cup.



Enjoy **Squash** in the zucchini veggie medley & Summer Squash Salad.

Stay Hydrated!

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



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

Look for low cal drinks!
Snapple Juice
Vitamin Water
Zero
G2 Gatorade
Aquafina Flavored Waters

VEGGIE OF THE MONTH Squash

Three Sisters

- American natives cultivated squash and honored them as one of the "Three Sisters", along with beans and corn.
- Many civilizations relied on the Three Sisters for sustenance as corn and beans made a complete protein (meaning it is an entire protein usable by the body) and squash Vitamin A and fiber.

Squash is Shortened

- Squash itself was named by the Narragansett tribe of Rhode Island who called it "askutasquash."

Home-Grown Hero

- New Jersey is nationally ranked the 4th in squash production.
- 70% of squash grown in NJ is in the southern counties of Gloucester, Cumberland, Salem and Atlantic.
- Look for our summer squash salad and zucchini veggie medley on the menu this month!



Silly Squash!
What is an elephant's favorite veggie?
Squash!

Sustaining Squash

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



Entrée Descriptions

Some Insight Into Our Menu Magic

Cheesy Pizza Pretzel

Pretzel buns are the trendy new way to make one awesome sandwich. Pretzel sandwiches are featured at some of the most popular food service establishments frequented by our young customers. Turkey pepperoni and mozzarella cheese on a *whole grain* pretzel bun sounds like the perfect healthy school lunch modification!

Bloomin Onion Burger

We added a little bit of western style to the traditional cheeseburger. We add an onion ring for a little bit of extra flavor and crunch.

Asian Stir Fry Over Rice

Vegetables and chicken taste amazing when tossed in a sweet and sour Asian Sauce and served over rice. We make it authentic by adding in a mini egg roll and a fortune cookie.

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.

TURKEY CLUB SALAD

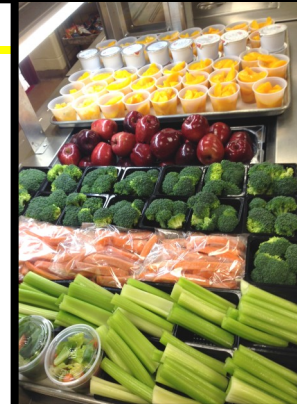
The turkey club sandwich has always been a hit so we made it into a salad to sneak in a serving of leafy greens. Any dressing tastes great!

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.

Boneless Buffalo Wings

Anything buffalo seems to be the trendy new food choice even with our younger customers. Boneless buffalo wings are soft, breaded chicken tenders tossed in light hot sauce. Don't forget milk! The best way to counteract a bit of spiciness is white milk plus we know our customers are getting their calcium.



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!