



★ Fun Days are Highlighted! (June 4, 9, 11) ★

# Have a Fun & Healthy Summer!

Nutri-Serve Food Management

**DAILY ALTERNATES:**  
Bagel w/ Yogurt  
PB & J Sandwich

## June Lunch Menu Delran Intermediate


**Fruit: Fresh/Cupped/Juice Offered Daily**  
Assorted Fresh: Apples, Oranges, Grapes, Bananas, Pears  
Assorted Cupped: Applesauce, Peaches, Pears, Mixed Fruit  
Assorted Juice: Grape, Apple, Orange  
**Veggie Patch: Featured Daily Raw Veggie Choice**  
Carrots, Cucumbers, Corn Salad, Broccoli

We Use Whole Grain Products!

**CHOOSE 1 ENTRÉE.**  
2 Fruits, 2 Veggies, & Milk Included

Monday-June 2	Tuesday-June 3	★ <b>Cheese Lovers Day!</b> ★ Wednesday-June 4	★ Thursday-June 5	Friday-June 6
<b>Chicken Nuggets</b> w/ a Dinner Roll <b>Cheeseburger on a Bun</b> Turkey Club Salad <u>Sides:</u> Glazed Carrots <b>Carrots w/ Hummus/Dip</b>	<b>Mini Pancakes</b> w/ Ham roll-up <b>Hot Dog on a Bun</b> Chicken Caesar Salad <u>Sides:</u> Tator Tots <b>Cukes w/ Hummus/Dip</b>	<b>Mozzarella Sticks</b> w/ Pasta in Marinara <b>Hot Dog on a Bun</b> Garden Salad w/ Egg <u>Sides:</u> Broccoli <b>Potato Salad</b>	<b>Philly Cheesesteak</b> On a Torpedo Roll <b>Chicken Patty on a Bun</b> Buffalo Chicken Salad <u>Sides:</u> Crazy Corny Succotash <b>Broc Bites w/ Hummus/Dip</b>	<b>Assorted Plain or Pepperoni Pizza</b> <b>Chicken Caesar Wrap</b> <b>Hot Dog on a Bun</b> <u>Sides:</u> Peas & Carrots <b>Mixed Patch w/Hummus/Dip</b>

★ <b>Nat'l Choc Ice Cream Day!</b> ★ Monday-June 9	Tuesday-June 10	★ <b>Dolphin Surprise!</b> ★ Wednesday-June 11	Thursday-June 12	Friday-June 13
<b>Chicken Parmesan</b> On a Kaiser <b>Cheeseburger on a Bun</b> Turkey Club Salad <u>Sides:</u> Summer Squash <b>Dixie Cup</b>	<b>Bloomin Onion Burger</b> On a Bun <b>Hot Dog on a Bun</b> Chicken Caesar Salad <u>Sides:</u> Tator Tots <b>Cukes w/ Hummus/Dip</b>	<b>Oven Roasted Chicken</b> w/ Mashed Potatoes <b>Hot Dog on a Bun</b> Garden Salad w/ Egg <u>Sides:</u> Golden Corn <b>Celery w/Dip-Banana Dolphin</b>	<b>Hot Dog on a Bun</b> Grilled Cheese Buffalo Chicken Salad <u>Sides:</u> Gotta Get Em Green Beans <b>Broc Bites w/ Hummus/Dip</b>	<p style="text-align: center;"><b>1/2 Day Breakfast Only</b></p>

Monday-June 16	Tuesday-June 17	Wednesday-June 18	Thursday-June 19	Friday-June 20
<b>1/2 Day Breakfast Only</b>	<b>1/2 Day Breakfast Only</b>	<b>1/2 Day Breakfast Only</b>	<b>Last Day of School! 1/2 Day Breakfast Only</b>	<b>Have a Great Summer Vacation!</b> 

Monday-June 23	Tuesday-June 24	Wednesday-June 25	Thursday-June 26	Friday-June 27

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 & hummus!

#### Did you know?!?

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

#### Our Veggie Lineup:

Monday: **Baby Carrots**

Tuesday: **Cucumbers**

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.



## June Fun Days (Highlighted on Menu)

### June 4: Cheese Lovers Day!

Add cheese to anything and it becomes a popular choice with our customers. **Ever wonder how it's made?**

1. Milk is heated up and a bacteria is added to thicken it.
2. A substance called rennet is added (this is what animals use to digest milk) which causes it to turn into bits called curds floating in liquid called whey.
3. The curds are drained off the whey and chopped up. Salt is added and they are pressed into blocks.
4. Cheese is stored for months until ripe.



Some cheeses use rennet alternatives or can be eaten fresh! Cheese is a great source of calcium and protein however can be higher in saturated fat. **Enjoy in moderation!**



### June 9: National Chocolate Ice Cream Day!

**Did you know?!?** The average American eats 20 quarts of ice cream a year or 5 gallons. We may be celebrating chocolate but vanilla is actually the most popular flavor making up almost 30% of all sales.

**Getting ready for summer?** June is the month that the most ice cream is produced!

**Looking for a healthy satisfying alternative?** Frozen yogurt has half the fat and less calories!



### June 16: Dolphin Surprise!

Get in the summer spirit with a dolphin banana holding a grape on June 16th.



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!



### Nutrition Tip of the Month

Quench Your Thirst With Freshly Brewed Iced Tea

When thirsty during the summer season make the best choice to re-hydrate. Sweet tea can add up to many additional calories if you are choosing it to re-hydrate. Freshly brewed iced tea with a lemon wedge tastes great & is packed with antioxidants!



### VEGGIE OF THE MONTH Squash

Silly Squash!

What is an elephant's favorite veggie? Squash!

Sustaining 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!



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!





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

## 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!

### 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.

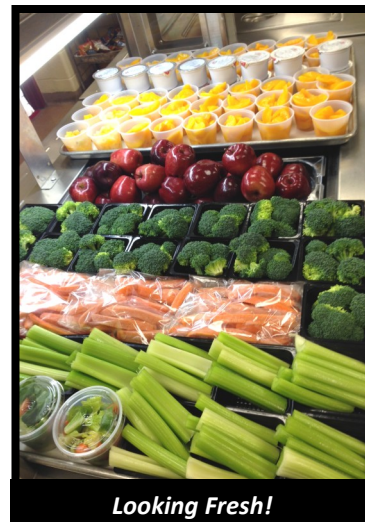
### Sides:

**Italian, Tomato & Cukes Salad**— Locally grown tomatoes and cucumbers tossed in a light Italian dressing.

**Splendid Summer Squash Salad**— Locally grown summer squash tossed with corn, lima beans, tomatoes and basil tossed in a light dressing.

**Banana Dolphin**— A banana sliced to look like a jumping dolphin holding a grape in its mouth. It's a fun summer treat.

**Peach & Blueberry Cup**— Fresh locally grown blueberry and peach cup to celebrate our fruit of the month!



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!