



Visit our Website at: www.nsfm.com

Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prices: Student Paid: \$2.20 Student Reduced: \$0.40 Adult Lunch \$3.75 Milk: \$.65</p> <p>Ala Carte and Snacks \$0.25 - \$1.00</p>	<p>PLEASE NOTE In addition to the hot entrée as of February 6th we will offer a DELI BAR every other week. Alternating week we will offer a SALAD BAR. Beverage & Fruit is included.</p>		<p>1 Chicken Fajita on Soft Taco Shell Kernal Corn Ice Cream Novelty LF Milk Choice</p>	<p>2 Grilled Cheese Sandwich Tomato Soup Pettridge Farm Crackers Apple Slices LF Milk Choice</p>	<p>3 Bayshore Pizza Garden Salad w/Dressing Cookie LF Milk Choice</p>
<p>Available Daily: Peanut Butter & Jelly Deli Sandwiches Garden Salads & Ceasar Salads Fresh Fruit Yogurt Milk Choices: 1%, White, Choc. Strawberry, Skim</p>	<p>6 Hot Roast Pork Sandwich on Club Roll Broccoli Florettes Pudding w/Topping LF Milk Choice</p>	<p>7 Chicken Parmesan w/Side of Spaghetti Green Beans Peaches & Cream LF Milk Choice</p>	<p>8 Double Cheese Burger Special Dressing on Soft Bun Potato Rounds Pears w/Cherry Topping LF Milk Choice</p>	<p>9 Chicken Nuggets Buttered Rice Peas & Carrots Jello w/Topping LF Milk Choice</p>	<p>10 Gem's Pizza Garden Salad w/Dressing  Fresh Fruit Choice LF Milk Choice</p>
<p>What's New this Month... <i>Vegetable of the Month:</i> Celery Sticks <i>Fruit of the Month:</i> Pears</p>	<p>13 Twin Hot Dogs on Soft Bun Baked Beans Applesauce LF Milk Choice</p>	<p>14 Hot Turkey Sandwich Sweet Mashed Potatoes w/Marshmallow Topping Broccoli Florettes  Ice Cream Novelty LF Milk Choice</p>	<p>15 French Bread Pizza Caesar Salad Mixed Fruit Cup</p>	<p>16 SCHOOL CLOSED </p>	<p>17 SCHOOL CLOSED</p>
<p>PrePaid Tickets Available in MAKE CHECKS PAYABLE TO DENNIS BOARD OF EDUCATION Balloons for Balanced Lunch Orange = Grains Green = Vegetables Red = Fruits Blue = Milk Purple = Meat & Beans Yellow=Oils & X Energy</p>	<p>20  SCHOOL CLOSED </p>	<p>21 Cheese Burger on Soft Bun Oven Fried Potatoes Green Beans Peach Halves LF Milk Choice</p>	<p>22 Ash Wednesday <i>Grilled Cheese Sandwich</i> w/Tomato Soup Pettridge Farm Crackers Pineapple Chunks LF Milk Choice</p>	<p>23 Lasagna w/Meatsauce Italian Mixed Vegetables Garden Salad w/Italian Dressing Pears w/Cherry Topping LF Milk Choice</p>	<p>24 Bayshore Pizza Celery Sticks w/Dip Fruit Medley LF Milk Choice</p>
	<p>27 Meatloaf w/Gravy Buttery Mashed Potatoes Peas & Carrots Pudding w/Topping LF Milk Choice</p>	<p>28 Spaghetti w/Meatsauce Garlic Bread Green Beans Apple Slices Milk Choice</p>	<p>29 Chicken Patty on Soft Bun Mashed Potatoes Carrot Coins LF Milk Choice</p>		

Menu subject to change without notice*

Suggestions & Comments appreciated. frolen@nsfm.com

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