



September

Indian Mills Pre-School Menu



V = Vegetarian Ingredients **GF** = Gluten-Free Ingredients

Daily Fruit Offerings:
Fresh, Cupped, 100% Juice
All Salads Come With a Grain.

Click here to view your lunch account:



Veggie Grab Bag:
Daily Raw Veggie Choices
Carrots, Peppers,
Toasty Bean Bites,
Broccoli, Mixed Bag

Choose 1 Entrée
Includes 2 Fruit & 2 Veggie Choices!

Fresh/Cupped/Juice **+ Cooked/Raw Veggie Patch**
PICK 2 FRUITS **PICK 2 VEGGIES**

THINK BALANCE!
A Balanced Tray Includes...
Grain ~ Protein ~ Fruit ~ Vegetable ~ Milk

Lunch Prices: Regular Lunch \$2.85 Extra Entrée:
\$1.35 Reduced: \$0.40 Milk: \$0.55*Menu subject to change.

Food Service Director: Holly Morgan Ext: 1019
Manager: Renee Thomas Ext: 2126
Email: SHA@nsfm.com Phone: 609-268-0440

Sept 13: Celiac Awareness Day.

Sept 14: Wacky Watermelon Day

Sept 22: First Day of Fall



Friday— Sept 1

Monday-Sept 4	Tuesday-Sept 5	Wednesday-Sept 6	Thursday-Sept 7	Friday— Sept 8
Happy Labor Day! Fun Fact.... In the past, Labor Day used to be the last fashionable day to wear white!	<i>Happy 1st Day of School</i> <i>Early Dismissal</i>	Mozzarella Sticks With Marinara <u>Sides:</u> French Fries Veggie Grab Bag & Fresh Fruit	Chicken Strips w/ a mini corn muffin <u>Sides:</u> Smiley Fries Veggie Grab Bag & Fresh Fruit	Pizza By The Slice V <u>Sides:</u> Caesar Salad Veggie Grab Bag & Fresh Fruit
Monday-Sept 11 Grilled Cheese With Tomato Soup <u>Sides:</u> Green Beans Veggie Grab Bag & Fresh Fruit	Tuesday-Sept 12 Hot Dog <u>Sides:</u> Garlic & Parmesan Fries Veggie Grab Bag & Fresh Fruit	Celiac Awareness Day! PB & J Bag <u>Sides:</u> Use your commodities side Veggie Grab Bag & Fresh Fruit	Wacky Watermelon Day! Breakfast for Lunch Mini Pancakes & Sausage <u>Sides:</u> Hash Brown Veggie Grab Bag & Fresh Fruit	Friday— Sept 15 Pizza Stuffed Crust V <u>Sides:</u> Mixed Greens Salad Veggie Grab Bag w/Ranch/Hummus
Monday-Sept 18 Chicken Nuggets w/ a dinner Roll <u>Sides:</u> Smiley Fries Veggie Grab Bag & Fresh Fruit	Tuesday-Sept 19 Bagel Bag <u>Sides:</u> Veggie Grab Bag Fresh Fruit	Wednesday-Sept 20 Cheeseburger With a Pickle <u>Sides:</u> French Fries Veggie Grab Bag & Fresh Fruit	Thursday-Sept 21 NO SCHOOL <i>Rosh Hashana</i>	First Day of Fall! Pizza By The Slice V <u>Sides:</u> Caesar Salad-Harvest Pudding Veggie Grab Bag & Fresh Fruit
Monday-Sept 25 Mozzarella Sticks V w/ Pasta & Parmesan <u>Sides:</u> Veggie Medley Veggie Grab Bag & Fresh Fruit	Tuesday-Sept 26 Breakfast for Lunch French Toast Sticks & Sausage <u>Sides:</u> Hash Brown Veggie Grab Bag & Fresh Fruit	Wednesday-Sept 27 Hot Dog Description <u>Sides:</u> French Fries Veggie Grab Bag & Fresh Fruit	Thursday-Sept 28 Chicken Broccoli Alfredo Over Penne Pasta <u>Sides:</u> Veggie Grab Bag & Fresh Fruit	Friday— Sept 29 Pizza French Bread V <u>Sides:</u> Mixed Greens Salad Veggie Grab Bag & Fresh Fruit

This institution is an equal opportunity provider.

Milk: Skim White, Chocolate, Strawberry, 1% White, Lactaid