



# PANTHER'S CAFÉ *At Pine Hill Middle*

## Get the best DEAL...Make it a MEAL!

### What's available on the lunch line other than the featured entrée?



### Panthers Café Snack Shack

Side Salad	\$ 0.50
Cookie	\$ 0.40
Soft Pretzel	\$ 0.50
Nachos w/ cheese	\$ 1.25
Fresh Fruit	\$ 0.50
Asst. Chips	\$ .60-1.00
Fresh Veggies	\$ 0.50
French Fries	\$1.50
Ice Cream	\$0.85-1.00
Fruit Juice	\$0.50
Gatorade	\$1.35
Lg Water	\$1.00
Sm Water	\$0.50
Snapple	\$1.35

*Snack Healthy in moderation  
after a balanced lunch!*



PIZZA MEAL	HOT SANDWICH MEAL	COLD SANDWICH MEAL	SALAD MEAL
Plain (Everyday) Pepperoni (Monday) 3 Cheese (Tuesday) Bacon (Wednesday) Buffalo Chic (Thursday) Daily Special	Chicken Patty (Plain or Spicy) Cheeseburger (Everyday) Hot Ham & Cheese (M) Cheese Steak (Tuesday) Hot Dog (Wed) Meatball Parm. (Thur) Grilled Cheese (Fri)	Turkey Sub (Everyday) Italian Sub (Everyday) Buffalo Chix Wrap (Mon) Chicken Caesar Wrap (T) Tuna Salad Wrap (Wed) Chix Ranch Wrap (Thur) PB & Jelly (Everyday) Cereal & Yogurt (Everyday)	Crispy or Grilled Chicken Caesar (Everyday) Chicken, Apple & Craisin Salad (Mon) Oriental Chicken (Tue) Buffalo Chicken (Wed) Garden W/Egg (Thur) Hummus Platter (Everyday)

**ONLY! \$2.40, \$0.40 Reduced, Extra Entrée \$1.75**

**First choose your meal! Your meal is your PROTEIN and GRAIN!**

*Choose at least 1 fruit or veggie. You may take up to 2 fruits & 2 veggies! Milk is included.*



### What makes a meal?

The agency that governs that school lunch program is the USDA (United States Department of Agriculture).

USDA defines a meal as containing a protein, grain, fruit, veggie and milk. Schools must offer all of these components but students are only required to take 3 out of 5 of these components with one being a fruit or veggie.

- Protein:** animal meats, cheese, yogurt, certain legumes.
- Grain:** breads, crackers, pasta, cereal, tortilla chips.
- Milk:** Fluid milk— must be non fat sweetened, non fat unsweetened or low fat unsweetened.



Food Service Director: Jennifer Dina ~ Email: PIN@nsfm.com ~ Phone: 856-210-0200 ext. 4012 \*Menu Subject To Change

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