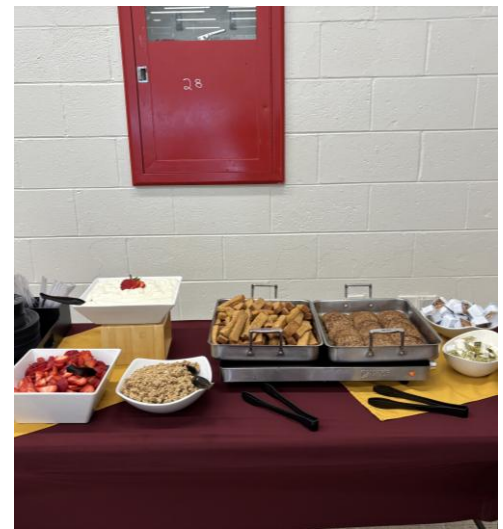




September 2025-26 Nutri-Serving It Up At

Glassboro School District

Welcome back Bulldogs. We started the new school year with the annual Teacher's buffet breakfast with hot and cold options. The students came back to a lunch favorite, mac & cheese, as well as a variety of sandwich and fun lunch options. We concluded with Chef Tynita from Bullock Elementary preparing a spinach & cream cheese stuffed chicken breast for the Board dinner. "Oh my Gord, it's Finally Fall!"





Nutri-Serve Scoop

Fun Monthly Facts

• Ad



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OCTOBER IS PUMPKIN MONTH

FACT #1
Pumpkins are high in vitamin A, which helps us see well and stay healthy.

FACT #2
For a crunchy snack, roast the seeds from your Halloween pumpkin with your favorite spices and herbs.

FACT #3
If you enjoy baked goods like brownies, try adding pumpkin to your recipe in place of oil, butter or eggs to get more vitamins and minerals.

• Ad

what is a meal?

BREAKFAST
A student must choose at least 3 of the 4 items offered:
 • 1 - 2 GRAINS • 1 - 2 PROTEIN
 • MAY CHOOSE 2 FRUITS (OR VEGETABLES) • MILK
 A minimum of 1/2 CUP SERVING OF FRUIT or (1/2 CUP CORRECTLY SUBSTITUTED VEGETABLES) MUST accompany a reimbursable breakfast.
 2 is GOOD 4 is BEST

LUNCH
A student MUST CHOOSE at least 4 of 5 components available for the school lunch price.
 You must take a minimum of 1/2 CUP SERVING OF FRUIT or a 1/2 CUP SERVING OF VEGETABLES
 CHOICE OF MILK
 MEAT/MEAT ALTERNATE MAY TAKE 2 VEGETABLE
 MAY TAKE 2 FRUIT GRAIN/BREAD
 3 is GOOD 5 is GREAT
 4 is BETTER

Tips To Stay Healthy!



QUESTIONS OR COMMENTS? Contact us!

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