



September 2025-26

Nutri-Serving It Up At

Christ The King Regional School

In September, we greeted our students with Toasted Cheese Sandwiches, Chicken Caesar and Popcorn Chicken Salads, French Toast Sticks, and the ever-popular Pizza on Fridays! Looking ahead to October, we will offer Hot Dogs with Sweet Potato Fries, Walking Tacos, and Chicken and Cheese Quesadillas.





Nutri-Serve Scoop

Fun Monthly Facts



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.

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

2 is GOOD 4 is BETTER 5 is GREAT

Tips To Stay Healthy!



QUESTIONS OR COMMENTS? Contact us!

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