



Meet Your Nutritious Friend:  
Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
29 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	1 Egg, Sausage & Cheese Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	2 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	3 Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers
6 Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	7 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	8 Egg & Cheese Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	10 Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers
13 Mini Blueberry Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	15 Egg & Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	17 Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers
20 Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	22 Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	23 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	24 Mini Cinni  Assorted Cereals or Cereal Bar with Graham Crackers
27 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	28 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg, Sausage & Cheese Maple Flatbread  Assorted Cereals or Cereal Bar with Graham Crackers	30 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	31 Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers

**What is a Meal?**  
Students must choose at least 3 of the 4 components available for the school breakfast price.  
- Choice of Whole Grain  
- Choice of Protein  
- Choice of Fruit or Vegetable  
- Choice of Milk  
A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

**Whole Grain Cereals**  
*(served with graham crackers)*  
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

**Choice of Fruit**  
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

**Choice of Milk**  
1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

**(V) Vegetarian**  
*These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg*

**(VG) Vegan**  
*These items do not contain any animal products*

**Your Team**

Dawn Janelli, Food Service Director  
609.487.7900 ext. 5070  
[ma1607@metzcorp.com](mailto:ma1607@metzcorp.com)

**Meal Prices**

Student Breakfast	\$2.25
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.55





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Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		WG Bagel w/ Cream Cheese  100% Apple Juice	WG Cheerios Cereal  1/2 Banana	Mini Waffles  Apple Slices
6	7	8	9	10
Mini Pancakes  100% Apple Juice	WG Chex Cereal  ½ Orange	WG Bagel w/ Cream Cheese  100% Apple Juice	WG Cheerios Cereal  1/2 Banana	Mini Waffles  Apple Slices
13	14	15	16	17
Mini Pancakes  100% Apple Juice	WG Chex Cereal  ½ Orange	WG Bagel w/ Cream Cheese  100% Apple Juice	WG Cheerios Cereal  1/2 Banana	Mini Waffles  Apple Slices
20	21	22	23	24
Mini Pancakes  100% Apple Juice	WG Chex Cereal  ½ Orange	WG Bagel w/ Cream Cheese  100% Apple Juice	WG Cheerios Cereal  1/2 Banana	Mini Waffles  Apple Slices
27	28	29	30	31
Mini Pancakes  100% Apple Juice	WG Chex Cereal  ½ Orange	WG Bagel w/ Cream Cheese  100% Apple Juice	WG Cheerios Cereal  1/2 Banana	Mini Waffles  Apple Slices

### What is a Meal?

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

### Whole Grain Cereals

(served with graham crackers)  
Cinnamon Toast Crunch, Cheerios

### Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

### Choice of Milk

1% white, fat-free white

### (V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

### (VG) Vegan

These items do not contain any animal products

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29	30	1	2	3
		Baked Ziti w/ Garlic Bread  <b>FEATURED VEGGIES</b> Oven Fries	Chicken Patty on a Bun  <b>FEATURED VEGGIES</b> Mashed Potatoes	Cheese Pizza  <b>FEATURED VEGGIES</b> Steamed Broccoli
6	7	8	9	10
Italian Meatballs & Cheese on a Roll  <b>FEATURED VEGGIES</b> Steamed Peas	Mac & Cheese (V)  <b>FEATURED VEGGIES</b> Green Beans	Cheeseburger on a Bun  <b>FEATURED VEGGIES</b> Mashed Potatoes	Cheesesteak on a Roll  <b>FEATURED VEGGIES</b> Tater Tots	Pepperoni Pizza  <b>FEATURED VEGGIES</b> Roasted Sweet Potatoes
13	14	15	16	17
Chicken Nuggets w/ Goldfish crackers  <b>FEATURED VEGGIES</b> Steamed Corn	Chicken & Cheese Quesadilla  <b>FEATURED VEGGIES</b> Peppers & Onions	BBQ Pulled Pork  <b>FEATURED VEGGIES</b> Carrot Sticks	French Toast Sticks w/ Sausage  <b>FEATURED VEGGIES</b> Baked Beans	Cheese Pizza  <b>FEATURED VEGGIES</b> Sweet Potatoes
20	21	22	23	24
Toasted Cheese Sandwich (V)  <b>FEATURED VEGGIES</b> Chicken Noodle Soup	Beef Soft Tacos  <b>FEATURED VEGGIES</b> Steamed Green beans	Cowboy Burger on a Bun  <b>FEATURED VEGGIES</b> Steamed Broccoli	Chicken Tenders with Soft Pretzel  <b>FEATURED VEGGIES</b> Curly Fries	Pepperoni Pizza  <b>FEATURED VEGGIES</b> Corn
27	28	29	30	31
Classic Sloppy Joe  <b>FEATURED VEGGIES</b> Oven Fries	Chicken Patty on a Bun  <b>FEATURED VEGGIES</b> Steamed Corn	Cheesesteak on a Roll  <b>FEATURED VEGGIES</b> Tater Tots	Meatballs over Penne Pasta with Garlic Bread  <b>FEATURED VEGGIES</b> Steamed Broccoli	Cheese Pizza  <b>FEATURED VEGGIES</b> Cucumber Slices

### What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.

### Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

### Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

### Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

### Daily Alternates

- Fresh Entree Salad of the Week
- 1/2 Cheese Sandwich with Yogurt
- Melted Cheese Sandwich
- Sun Butter & Jelly Sandwich w/ Goldfish Crackers & String Cheese

### (V) Vegetarian

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### Meal Prices

Student Lunch	\$3.65
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00





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Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		Baked Ziti w/ Garlic Bread Buffalo Chicken Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Garden Salad Oven Fries	Chicken Patty on a Bun Chicken Ceasar Salad Turkey Hoagie  <b>FEATURED VEGGIES</b> Steamed Corn Mashed Potatoes	Cheese Pizza Tuna Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Diced Tomatoes Steamed Broccoli
6	7	8	9	10
Italian Meatballs & Cheese on a Roll Buffalo Chicken Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Oven Fries Steamed Peas	Mac & Cheese (V) Tuna Salad Turkey Hoagie  <b>FEATURED VEGGIES</b> Green Beans Caesar Salad	Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Mashed Potatoes Cucumber slices	Cheesesteak on a Roll Chicken Ceasar Salad Turkey Hoagie  <b>FEATURED VEGGIES</b> Tater Tots Corn Salad	Pepperoni Pizza Tuna Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Roasted Sweet Potatoes Chickpea Salad
13	14	15	16	17
Chicken Nuggets w/ Goldfish crackers Buffalo Chicken Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Mashed Potatoes Steamed Corn	Chicken & Cheese Quesadilla Tuna Salad Turkey Hoagie  <b>FEATURED VEGGIES</b> Peppers & Onions Salsa	BBQ Pulled Pork Buffalo Chicken Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Steamed Broccoli Carrot Sticks	French Toast Sticks w/ Sausage Chicken Caesar Salad Turkey Hoagie  <b>FEATURED VEGGIES</b> Baked Beans Garden Salad	Cheese Pizza Tuna Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Steamed Peas Sweet Potatoes
20	21	22	23	24
Toasted Cheese Sandwich (V) Buffalo Chicken Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Chicken Noodle Soup Tater Tots	Beef Soft Tacos Tuna Salad Turkey Hoagie  <b>FEATURED VEGGIES</b> Steamed Green beans Lettuce & Tomato	Cowboy Burger on a Bun Buffalo Chicken Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Steamed Carrots Steamed Broccoli	Chicken Tenders with Soft Pretzel Chicken Caesar Salad Turkey Hoagie  <b>FEATURED VEGGIES</b> Curly Fries Apple Cider Slaw	Pepperoni Pizza Tuna Salad Turkey Hoagie  <b>FEATURED VEGGIES</b> Sweet Potato Fries Corn
27	28	29	30	31
Classic Sloppy Joe Buffalo Chicken Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Oven Fries Chickpea Salad	Chicken Patty on a Bun Tuna Salad Turkey Hoagie  <b>FEATURED VEGGIES</b> Steamed Corn Tomato & Onion Salad	Cheesesteak on a Bun Buffalo Chicken Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Tater Tots Carrot Sticks	Meatballs over Penne Pasta with Garlic Bread Chicken Caesar Salad Turkey Hoagie  <b>FEATURED VEGGIES</b> Steamed Broccoli Celery Sticks with Ranch	Cheese Pizza Tuna Salad Italian Hoagie  <b>FEATURED VEGGIES</b> Cherry Tomatoes Cucumber Slices

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- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

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### Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

### Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

### Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

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