



Meet Your Nutritious Friend:
Party Pumpkin

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

Meal Prices

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





Meet Your Nutritious Friend:
Party Pumpkin

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

Your Team

Dawn Janelli, Food Service Director
609.487.7900 ext. 5070
ma1607@metzcorp.com

Meal Prices

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





Meet Your Nutritious Friend:
Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		Baked Ziti w/ Garlic Bread FEATURED VEGGIES Oven Fries	Chicken Patty on a Bun FEATURED VEGGIES Mashed Potatoes	Cheese Pizza FEATURED VEGGIES Steamed Broccoli
6	7	8	9	10
Italian Meatballs & Cheese on a Roll FEATURED VEGGIES Steamed Peas	Mac & Cheese (V) FEATURED VEGGIES Green Beans	Cheeseburger on a Bun FEATURED VEGGIES Mashed Potatoes	Cheesesteak on a Roll FEATURED VEGGIES Tater Tots	Pepperoni Pizza FEATURED VEGGIES Roasted Sweet Potatoes
13	14	15	16	17
Chicken Nuggets w/ Goldfish crackers FEATURED VEGGIES Steamed Corn	Chicken & Cheese Quesadilla FEATURED VEGGIES Peppers & Onions	BBQ Pulled Pork FEATURED VEGGIES Carrot Sticks	French Toast Sticks w/ Sausage FEATURED VEGGIES Baked Beans	Cheese Pizza FEATURED VEGGIES Sweet Potatoes
20	21	22	23	24
Toasted Cheese Sandwich (V) FEATURED VEGGIES Chicken Noodle Soup	Beef Soft Tacos FEATURED VEGGIES Steamed Green beans	Cowboy Burger on a Bun FEATURED VEGGIES Steamed Broccoli	Chicken Tenders with Soft Pretzel FEATURED VEGGIES Curly Fries	Pepperoni Pizza FEATURED VEGGIES Corn
27	28	29	30	31
Classic Sloppy Joe FEATURED VEGGIES Oven Fries	Chicken Patty on a Bun FEATURED VEGGIES Steamed Corn	Cheesesteak on a Roll FEATURED VEGGIES Tater Tots	Meatballs over Penne Pasta with Garlic Bread FEATURED VEGGIES Steamed Broccoli	Cheese Pizza FEATURED VEGGIES 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 ½ 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
½ Cheese Sandwich with Yogurt
Melted Cheese Sandwich
Sun Butter & Jelly Sandwich w/
Goldfish Crackers & String Cheese

(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

Meal Prices

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





Meet Your Nutritious Friend:
Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		Baked Ziti w/ Garlic Bread Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Garden Salad Oven Fries	Chicken Patty on a Bun Chicken Ceasar Salad Turkey Hoagie FEATURED VEGGIES Steamed Corn Mashed Potatoes	Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Diced Tomatoes Steamed Broccoli
6	7	8	9	10
Italian Meatballs & Cheese on a Roll Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Oven Fries Steamed Peas	Mac & Cheese (V) Tuna Salad Turkey Hoagie FEATURED VEGGIES Green Beans Caesar Salad	Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Mashed Potatoes Cucumber slices	Cheesesteak on a Roll Chicken Ceasar Salad Turkey Hoagie FEATURED VEGGIES Tater Tots Corn Salad	Pepperoni Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Roasted Sweet Potatoes Chickpea Salad
13	14	15	16	17
Chicken Nuggets w/ Goldfish crackers Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Mashed Potatoes Steamed Corn	Chicken & Cheese Quesadilla Tuna Salad Turkey Hoagie FEATURED VEGGIES Peppers & Onions Salsa	BBQ Pulled Pork Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Steamed Broccoli Carrot Sticks	French Toast Sticks w/ Sausage Chicken Caesar Salad Turkey Hoagie FEATURED VEGGIES Baked Beans Garden Salad	Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Steamed Peas Sweet Potatoes
20	21	22	23	24
Toasted Cheese Sandwich (V) Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Chicken Noodle Soup Tater Tots	Beef Soft Tacos Tuna Salad Turkey Hoagie FEATURED VEGGIES Steamed Green beans Lettuce & Tomato	Cowboy Burger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Steamed Carrots Steamed Broccoli	Chicken Tenders with Soft Pretzel Chicken Caesar Salad Turkey Hoagie FEATURED VEGGIES Curly Fries Apple Cider Slaw	Pepperoni Pizza Tuna Salad Turkey Hoagie FEATURED VEGGIES Sweet Potato Fries Corn
27	28	29	30	31
Classic Sloppy Joe Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Oven Fries Chickpea Salad	Chicken Patty on a Bun Tuna Salad Turkey Hoagie FEATURED VEGGIES Steamed Corn Tomato & Onion Salad	Cheesesteak on a Roll Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Tater Tots Carrot Sticks	Meatballs over Penne Pasta with Garlic Bread Chicken Caesar Salad Turkey Hoagie FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Cherry Tomatoes 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 ½ 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
½ Cheese Sandwich with Yogurt
Melted Cheese Sandwich
Sun Butter & Jelly Sandwich w/ Goldfish Crackers & String Cheese

(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

Meal Prices

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

