





**Meet Your Nutritious Friends:
The Seeds**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 	3 	4 Pop Tart & a Cheese Stick w/g Fresh Fruit 100% Juice 1% White Milk	5 Mini Strawberry Bagels w/g Fresh Fruit 100% Juice 1% White Milk	6 Banana Muffin w/g Fresh Fruit 100% Juice 1% White Milk	<p>What is a Meal? 4 components for the school breakfast price. Whole Grain Protein Fruit Milk</p> <p>A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast. Seasonal fresh fruits, 100% fruit juice</p> <p>Milk 1% White</p>
9 Chocolate Chip Muffin w/g Fresh Fruit 100% Juice 1% White Milk	10 Mini Cinnamon Bagels w/g Fresh Fruit 100% Fruit Juice 1% White Milk	11 Pop Tart & a Cheese Stick w/g Fresh Fruit 100% Juice 1% White Milk	12 Mini Strawberry Bagels w/g Fresh Fruit 100% Juice 1% White Milk	13 Banana Muffin w/g Fresh Fruit 100% Juice 1% White Milk	
16 Chocolate Chip Muffin w/g Fresh Fruit 100% Juice 1% White Milk	17 Mini Cinnamon Bagels w/g Fresh Fruit 100% Fruit Juice 1% White Milk	18 Pop Tart & a Cheese Stick w/g Fresh Fruit 100% Juice 1% White Milk	19 Mini Strawberry Bagels w/g Fresh Fruit 100% Juice 1% White Milk	20 Banana Muffin w/g Fresh Fruit 100% Juice 1% White Milk	
23 Chocolate Chip Muffin w/g Fresh Fruit 100% Juice 1% White Milk	24 Mini Cinnamon Bagels w/g Fresh Fruit 100% Fruit Juice 1% White Milk	25 Pop Tart & a Cheese Stick w/g Fresh Fruit 100% Juice 1% White Milk	26 Mini Strawberry Bagels w/g Fresh Fruit 100% Juice 1% White Milk	27 Banana Muffin w/g Fresh Fruit 100% Juice 1% White Milk	
30 Chocolate Chip Muffin w/g Fresh Fruit 100% Juice 1% White Milk					
<p>Your Team Kristine Colo, Food Service Director 856.224.4900 ext. 2128 ma1535@metzcorp.com</p>			<p>Meal Prices Student Breakfast \$2.50 Reduced Breakfast \$0.00 Faculty Breakfast \$2.75</p>		

