



Meet Your Nutritious Friend:
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily	
				1 Nardone's 4 by 6 Pizza FEATURED VEGGIES Cooked Carrots Fresh Fruit	<p>What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Cold Vegetables Daily <u>Mon: Toasted Bean</u> <u>Tues: Cucumbers</u> <u>Wed: Baby Carrots</u> <u>Thurs: Celery</u> <u>Fri: Caesar Salad</u></p> <p>Choice of Fruit Seasonal Fresh Fruits, Canned Fruit in Light Syrup, 100% Fruit Juice</p> <p>Choice of Milk 1% White,, Chocolate, Strawberry and Lactaid</p> <p>Daily Alternates (Uncrustable Meal) Smucker's Peanut Butter & Jelly, Goldfish Crackers and a Cheese Stick (Cereal Meal) Assorted Cereals, Goldfish Crackers, Yogurt and a Cheese Stick</p>	
4 Dutch Waffle w/ Sausage or Hot Dog on w/g Bun FEATURED VEGGIES Hash Brown Fresh Fruit	5 Assorted Pizza Or Hot Dog on w/g Bun FEATURED VEGGIES Steamed Broccoli Cupped Fruit	6 NO SCHOOL	7 NO SCHOOL	8 NO SCHOOL		
11 Pancake Sandwich Egg, Cheese & Bacon or Hot Dog on w/g Bun FEATURED VEGGIES Tater Tots Fresh Fruit	12 Nachos & Cheese Or Hot Dog on w/g Bun FEATURED VEGGIES Cooked Carrots Cupped Fruit	13 Cheeseburger or Hot Dog both on w/g Buns FEATURED VEGGIES French Fries Fresh Fruit	14 Thanksgiving Dinner Turkey & Stuffing and Corn Bread FEATURED VEGGIES Mashed Potatoes & Corn Cupped Fruit	15 Mozzarella Sticks w/ Marinara Sauce FEATURED VEGGIES Steamed Broccoli Fresh Fruit		
18 French Toast Sticks w/ Sausage or Hot Dog on w/g Bun FEATURED VEGGIES Hash Brown Fresh Fruit	19 Walking Taco w/ Churro or Hot Dog on w/g Bun FEATURED VEGGIES Steamed Corn Cupped Fruit	20 Chicken Wings w/ w/g Dinner Roll Or Hot Dog on w/g Bun FEATURED VEGGIES Steamed Peas Fresh Fruit	21 Chicken Nuggets w/ Mac & Cheese FEATURED VEGGIES Seasoned Green Beans Cupped Fruit	22 Nardone's Stuffed FEATURED VEGGIES Cooked Carrots Fresh Fruit		
25 1/2 Day ONLY BREAKFAST Served	26 1/2 Day ONLY BREAKFAST Served	27 1/2 Day ONLY BREAKFAST Served	28 NO SCHOOL	29 NO SCHOOL		
Your Team Kristine Colo, Food Service Director 856.224.4900 ext. 2128 ma1535@metzcorp.com			Meal Prices Student Breakfast \$3.75 Reduced Breakfast \$0.00 Faculty Breakfast \$5.00			