

**Meet Your Nutritious Friend:
Mr. Oatis**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 2 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | 3 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 4 Egg, Sausage & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers | 5 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers | 6 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers |
| 9 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers | 10 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 11 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers | 12 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers | 13 Pancakes & Bacon Assorted Cereals or Cereal Bar with Graham Crackers |
| 16 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | 17 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 18 Egg, Sausage & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers | 19 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers | 20 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers |
| 23 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers | 24 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 25 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers | 26 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers | 27 Pancakes & Bacon Assorted Cereals or Cereal Bar with Graham Crackers |
| 30 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers | 31 Breakfast Pizza 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 chocolate,, 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

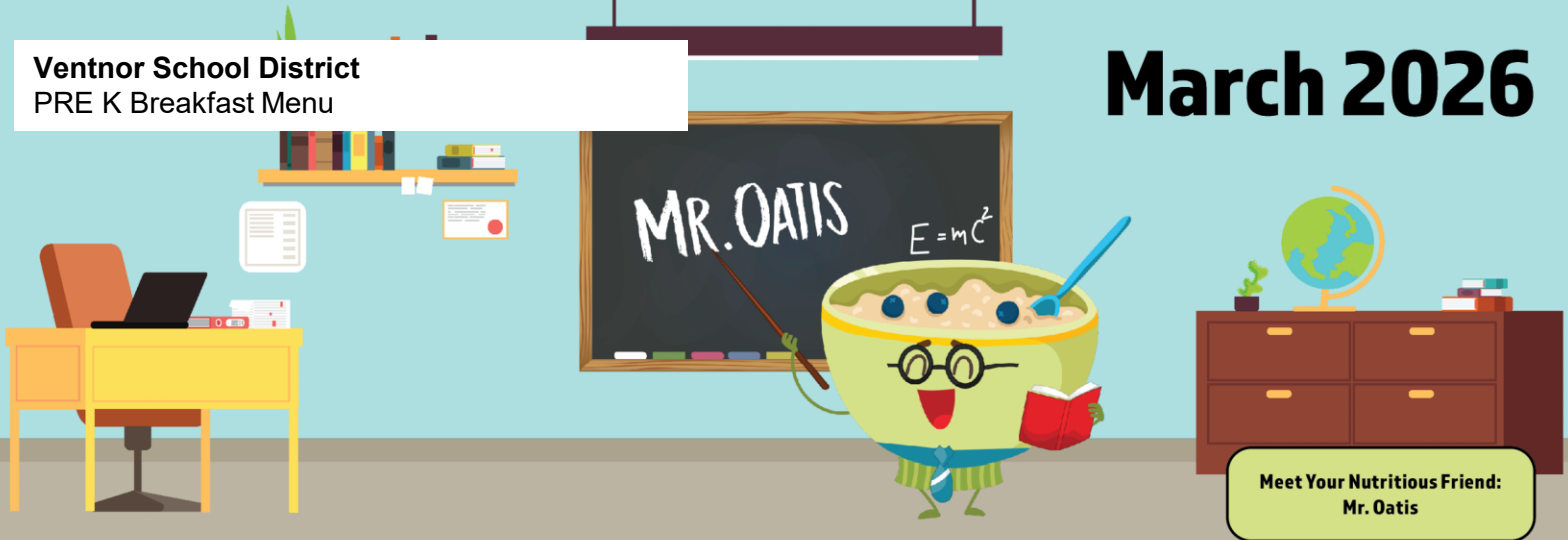
Your Team

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 | \$0.00 |





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|--|---|--|--|---|
| 2 Mini Maple Pancakes 100% Apple Juice 1% Milk | 3 WG Chex Cereal ½ Orange 1% Milk | 4 Bagel W/ Cream Cheese 100% Apple Juice 1% Milk | 5 WG Cheerios 1 Banana 1% Milk | 6 Mini Waffles 100% Apple Juice 1% Milk |
| 9 Mini Maple Pancakes 100% Apple Juice 1% Milk | 10 WG Chex Cereal ½ Orange 1% Milk | 11 Apple Cinnamon Muffin 100% Apple Juice 1% Milk | 12 WG Cheerios 1 Banana 1% Milk | 13 Mini Waffles 100% Apple Juice 1% Milk |
| 16 Mini Maple Pancakes 100% Apple Juice 1% Milk | 17 WG Chex Cereal ½ Orange 1% Milk | 18 Apple Cinnamon Muffin 100% Apple Juice 1% Milk | 19 WG Cheerios 1 Banana 1% Milk | 20 Mini Waffles 100% Apple Juice 1% Milk |
| 23 Mini Maple Pancakes 100% Apple Juice 1% Milk | 24 WG Chex Cereal ½ Orange 1% Milk | 25 Apple Cinnamon Muffin 100% Apple Juice 1% Milk | 26 WG Cheerios 1 Banana 1% Milk | 27 Mini Waffles 100% Apple Juice 1% Milk |
| 30 Mini Maple Pancakes 100% Apple Juice 1% Milk | 31 WG Chex Cereal ½ Orange 1% Milk | | | |

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Whole Grain Cereals
(served with graham crackers)

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

Choice of Milk
1% white

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