

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Pancakes & Sausage Assorted Cereals or Cereal Bar with Graham Crackers	3 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	4 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	5 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	6 Bagel W/ Cream Cheese 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. <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Cheerios, Rice Crunch, Kix, Froot Loops, Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, chocolate, and strawberry
9 Mini Cinni Assorted Cereals or Cereal Bar with Graham Crackers	10 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	11 Egg & cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Sticks Assorted Cereals or Cereal Bar with Graham Crackers	13 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	
16 Dunkin Stick Assorted Cereals or Cereal Bar with Graham Crackers	17 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	18 Pancakes & Sausage Assorted Cereals or Cereal Bar with Graham Crackers	19 Chefs Choice Assorted Cereals or Cereal Bar with Graham Crackers	20	
23	24	25	26	27	
30 Assorted Cereals or Cereal Bar with Graham Crackers					

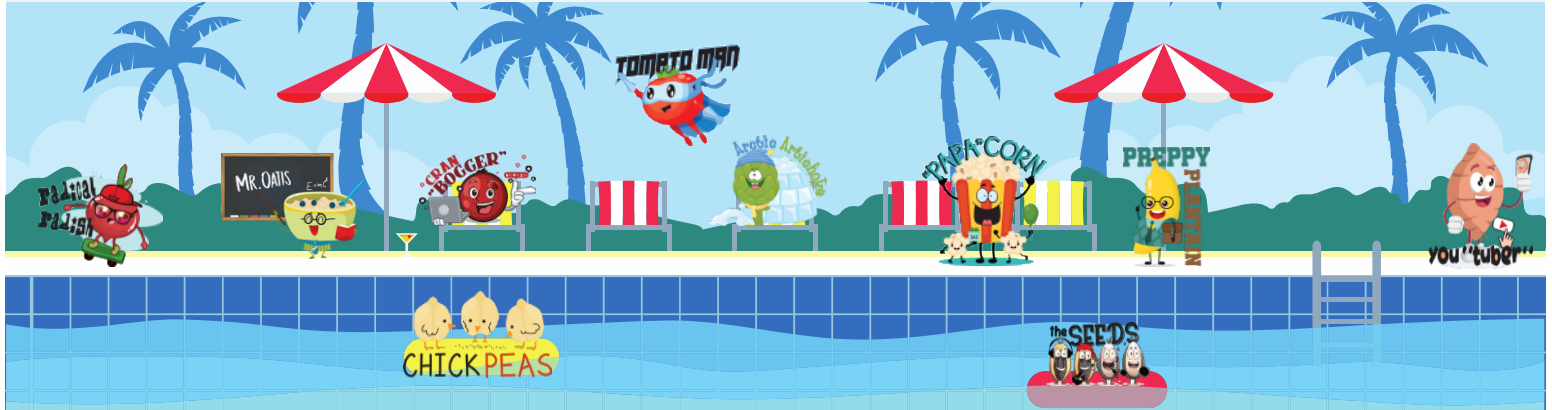
Your Team

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	\$2.65





Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 WG Blueberry Lemon Crispy Cracker 100% 4 oz Apple Juice	3 WG Cheerios Cereal ½ Banana	4 WG Bagel W/ Cream Cheese 100% 4 oz. Apple Juice	5 WG Kix Cereal ½ Orange	6 WG Banana Muffin 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 - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Cheerios, Rice Crunch, Kix, Froot Loops, Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, chocolate, and strawberry
9 WG Blueberry Lemon Crispy Cracker 100% 4 oz Apple Juice	10 WG Cheerios Cereal ½ Banana	11 WG Bagel W/ Cream Cheese 100% 4 oz. Apple Juice	12 WG Kix Cereal ½ Orange	13 WG Banana Muffin Apple Slices	
16 WG Blueberry Lemon Crispy Cracker 100% 4 oz Apple Juice	17 WG Cheerios Cereal ½ Banana	18 WG Bagel W/ Cream Cheese 100% 4 oz. Apple Juice	19 WG Kix Cereal ½ Orange	20	
23	24	25	26	27	
30 Assorted Cereals or Cereal Bar with Graham Crackers					

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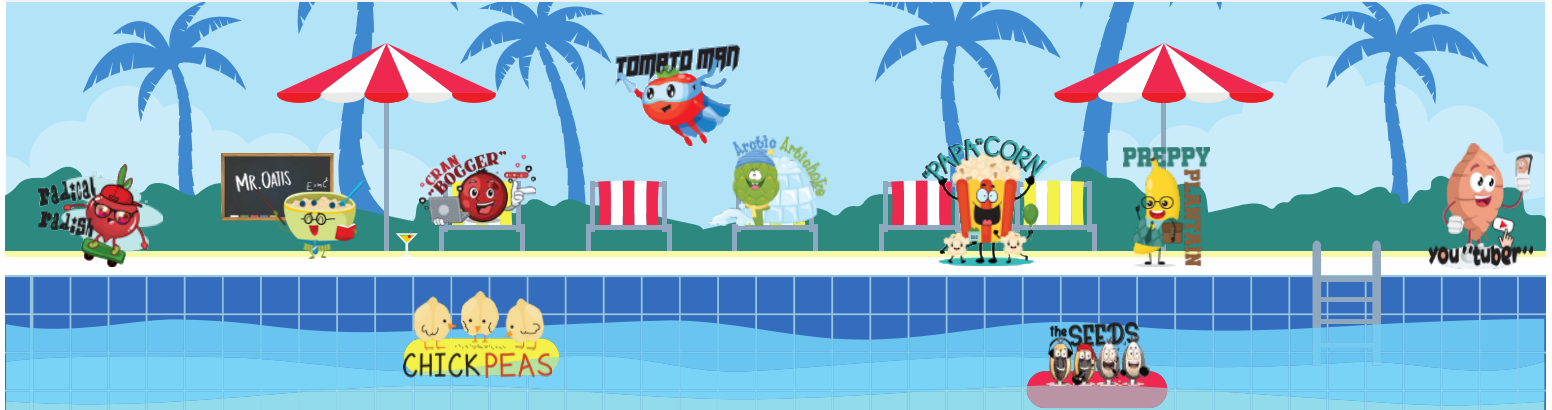
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Student Breakfast	\$2.25
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Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>2</p> <p>Cheeseburger on Bun Buffalo Chicken Salad</p> <p>FEATURED VEGGIES French Fries Peas</p>	<p>3</p> <p>Baked Ziti Tuna Salad</p> <p>FEATURED VEGGIES Garden Salad Carrot Sticks</p>	<p>4</p> <p>Oven Roasted Chicken Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Sweet Potatoes Green Beans</p>	<p>5</p> <p>Walking Taco w/Dinner roll Chicken Cesar Salad</p> <p>FEATURED VEGGIES Salsa Rice & Beans</p>	<p>6</p> <p>Cheese Pizza Tuna Salad</p> <p>FEATURED VEGGIES Tater Tots Green Beans</p>	<p>What is a Meal?</p> <p>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 Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>Daily Alternates</p> <p>Fresh Entree Salad of the Week Whole Melted Cheese Sandwich ½ Cheese Sandwich & Yogurt with Goldfish Crackers Sun Butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
<p>9</p> <p>Spaghetti & Meatballs Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Broccoli Apple Sauce</p>	<p>10</p> <p>Nachos Grande Tuna Salad</p> <p>FEATURED VEGGIES Garbanzo Beans Carrots</p>	<p>11</p> <p>Chicken Fajita w/ Cheese Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Peppers & Onions Rice</p>	<p>12</p> <p>Cheeseburger on Bun Chicken Cesar Salad</p> <p>FEATURED VEGGIES Oven Fries Steamed Peas</p>	<p>13</p> <p>½ Day No Lunch Served</p>	
<p>16</p> <p>Turkey & Cheese Melt on Pretzel Bun Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Sweet Potato Fries Steamed broccoli</p>	<p>17</p> <p>French Toast Sticks W/ Sausage Tuna Salad</p> <p>FEATURED VEGGIES Hash Browns Steamed Corn</p>	<p>18</p> <p>½ Day No Lunch Served</p>	<p>19</p> <p>½ Day No Lunch Served</p>	<p>20</p>	
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	
<p>30</p>					

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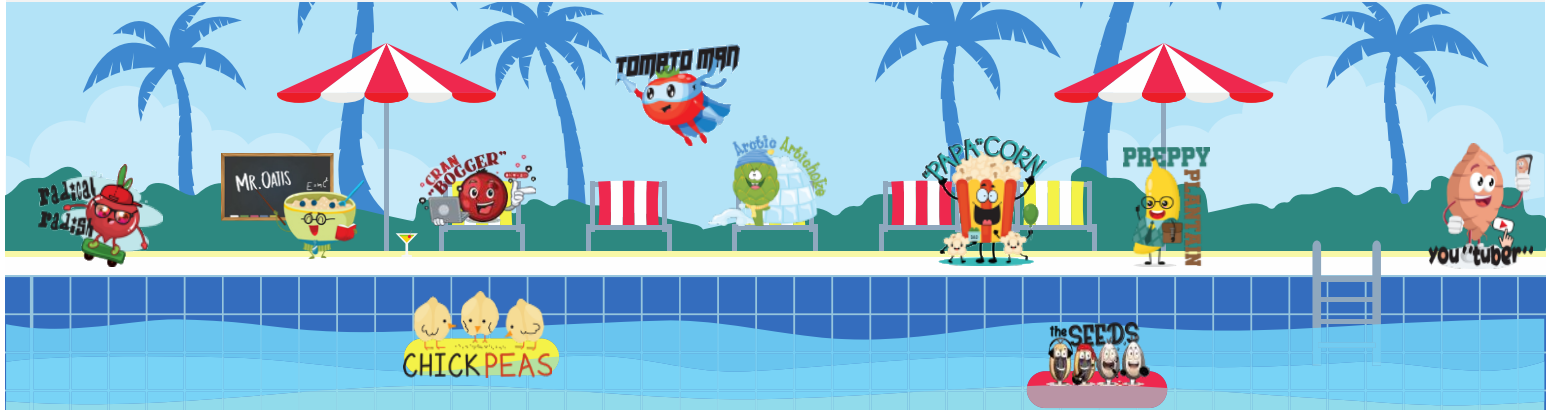
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Meal Prices

Student Lunch	\$3.50
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00



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CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Cheeseburger on Bun FEATURED VEGGIES French Fries	3 Baked Ziti FEATURED VEGGIES Carrot Sticks	4 Chicken Nuggets w / Goldfish Crackers FEATURED VEGGIES Sweet Potatoes	5 Walking Taco w/Dinner roll FEATURED VEGGIES Rice & Beans	6 Cheese Pizza FEATURED VEGGIES Tater Tots	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"> - 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, chocolate, vanilla, and strawberry Daily Alternates Fresh Entree Salad of the Week Whole Melted Cheese Sandwich ½ Cheese Sandwich & Yogurt with Goldfish Crackers Sun Butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
9 Spaghetti & Meatballs FEATURED VEGGIES Broccoli	10 Nachos Grande FEATURED VEGGIES Carrots	11 Chicken Fajita w/ Cheese FEATURED VEGGIES Rice	12 Cheeseburger on Bun FEATURED VEGGIES Oven Fries	13 ½ Day No Lunch Served	
16 Turkey & Cheese Melt on Pretzel Bun FEATURED VEGGIES Sweet Potato Fries	17 French Toast Sticks W/ Sausage FEATURED VEGGIES Hash Browns	18 ½ Day No Lunch Served	19 ½ Day No Lunch Served	20	
23	24	25	26	27	
30					

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