



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily							
		1 School Closed	2 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	3 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</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>							
6 Minni Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	7 Egg, Sausage & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	8 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	9 Pancakes w/ Sausage Assorted Cereals or Cereal Bar with Graham Crackers	10 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers								
13 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	14 Fruit & Yogurt Parfait w/ Granola Assorted Cereals or Cereal Bar with Graham Crackers	15 Minni Cinni Assorted Cereals or Cereal Bar with Graham Crackers	16 French Toast Sticks with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	17 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers								
20 MLK Day School Closed Assorted Cereals or Cereal Bar with Graham Crackers	21 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	22 Glazed Dunkin Stick Assorted Cereals or Cereal Bar with Graham Crackers	23 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	24 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers								
27 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	28 Minni Cinni Assorted Cereals or Cereal Bar with Graham Crackers	29 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	30 Fruit & Yogurt Parfait w/ Granola Assorted Cereals or Cereal Bar with Graham Crackers	31 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers								
<p>Dawn Janelli, Food Service Director 609.487.7900 ext.5070 ma1607@metzcorp.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Breakfast</td> <td>\$2.25</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$2.65</td> </tr> </table>			Student Breakfast	\$2.25	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.65	
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**Meet Your Nutritious Friend:
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 School Closed	2 WG Kix Cereal ½ Orange	3 WG Banana Muffin Apple Slices	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</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>
6 WG Blueberry Lemon Crispy Bite Cracker 100% Apple Juice	7 WG Cheerios ½ Banana	8 WG Bagel w/ Cream Cheese 100% Apple Juice	9 WG Kix Cereal ½ Orange	10 WG Banana Muffin Apple Slices	
13 WG Blueberry Lemon Crispy Bite Cracker 100% Apple Juice	14 WG Cheerios ½ Banana	15 WG Bagel w/ Cream Cheese 100% Apple Juice	16 WG Kix Cereal ½ Orange	17 WG Banana Muffin Apple Slices	
20 School Closed	21 WG Cheerios ½ Banana	22 WG Bagel w/ Cream Cheese 100% Appl Juice	23 WG Kix Cereal ½ Orange	24 WG Banana Muffin Apple Slices	
27 WG Blueberry Lemon Crispy Bite Cracker 100% Apple Juice	28 WG Cheerios ½ Banana	29 WG Bagel w/ Cream Cheese 100% Apple Juice	30 WG Kix Cereal ½ Orange	31 WG Banana Muffin Apple Slices	

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

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 School Closed	2 Chicken Fajita w/ Cheese Chicken Ceasar Salad FEATURED VEGGIES Peppers & Onions Steamed Corn	3 Italian Dunkers w/ Marinara Tuna Salad FEATURED VEGGIES Steamed Green Beans Black Bean Salad	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, chocolate, vanilla, and strawberry
6 Roasted Chicken Buffalo Chicken Salad FEATURED VEGGIES Mashed Potatoes & Gravy Steamed Broccoli	7 Cheeseburger Tuna Salad FEATURED VEGGIES Sweet Potato Fries Sweet Peas	8 Walking Taco w/ Breadstick Buffalo Chicken Salad FEATURED VEGGIES Rice & Beans Corn Salad	9 Hot Turkey Sandwich w/ Gravy Chicken Ceasar Salad FEATURED VEGGIES Mashed Potatoes Green Beans	10 Cheesy Pizza Tuna Salad FEATURED VEGGIES Tater Tots Steamed Carrots	Daily Alternates <ul style="list-style-type: none">Fresh Entree Salad of the Week½ Cheese Sandwich & Yogurt with Goldfish CrackersMelted Cheese SandwichSun Butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers
13 Chicken Fajita w/ Cheese Buffalo Chicken Salad FEATURED VEGGIES Corn Salad Refried Beans	14 Meatball Parm on a Roll Tuna Salad FEATURED VEGGIES Steamed Broccoli Sweet Potato Fries	15 Chicken Nuggets w/ Roll Buffalo chicken Salad FEATURED VEGGIES Curly Fries Black Beans	16 Turkey & Cheese Melt on a Croissant Chicken Ceasar Salad FEATURED VEGGIES Chickpea Salad Tater Tots	17 Pepperoni Pizza Tuna Salad FEATURED VEGGIES Sweet Potato Fries Green Beans	(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>
20 School Closed FEATURED VEGGIES	21 Chicken Patty on a Roll Tuna Salad FEATURED VEGGIES Mashed Potatoes Corn	22 Cheesesteak on a Roll Buffalo Chicken Salad FEATURED VEGGIES Glazed Carrots Tater Tots	23 Macaroni & Cheese Chicken Ceasar Salad FEATURED VEGGIES Stewed Tomatoes Garden Salad	24 Cheesy Pizza Tuna Salad FEATURED VEGGIES Steamed Peas Oven Fries	
27 Cheeseburger on Bun Buffalo Chicken Salad FEATURED VEGGIES French Fries Green Beans	28 Nachos Grande with Tortilla Chips Tuna Salad FEATURED VEGGIES Corn Salad Vegetarian Beans	29 Classic Sloppy Joe on a Roll Buffalo Chicken Salad FEATURED VEGGIES Sweet Potato Fries Steamed Broccoli	30 Chicken Nuggets w/ Roll Chicken Ceasar Salad FEATURED VEGGIES Sweet Potatoes Corn	31 Italian Dunkers w/ Marinara Tuna Salad FEATURED VEGGIES Hash Brown Potatoes Chickpea Salad	
Dawn Janelli, Food Service Director 609.487.7900 ext. 5070 ma1607@metzcorp.com			Meal Prices Student Lunch \$3.50 Reduced Lunch \$0.00 Faculty Lunch \$5.00		

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6 Chicken Tenders w/ Roll FEATURED VEGGIES Mashed Potatoes & Gravy	7 Cheeseburger FEATURED VEGGIES Sweet Potato Fries	8 Walking Taco w/ Breadstick FEATURED VEGGIES Rice & Beans	9 Hot Turkey Sandwich w/ Gravy FEATURED VEGGIES Mashed Potatoes	10 Cheesy Pizza FEATURED VEGGIES Tater Tots	
13 Chicken Fajita w/ Cheese FEATURED VEGGIES Corn Salad	14 Meatball Parm on a Roll FEATURED VEGGIES Sweet Potato Fries	15 Chicken Nuggets w/ Roll FEATURED VEGGIES Curly Fries	16 Turkey & Cheese Melt on a Croissant FEATURED VEGGIES Tater Tots	17 Pepperoni Pizza FEATURED VEGGIES Sweet Potato Fries	
20 School Closed FEATURED VEGGIES	21 Chicken Patty on a Roll FEATURED VEGGIES Mashed Potatoes	22 Cheesesteak on a Roll FEATURED VEGGIES Tater Tots	23 Macaroni & Cheese FEATURED VEGGIES Stewed Tomatoes	24 Cheesy Pizza FEATURED VEGGIES Steamed Peas	
27 Cheeseburger on Bun FEATURED VEGGIES French Fries	28 Nachos Grande with Tortilla Chips FEATURED VEGGIES Corn Salad	29 Spaghetti w/ Meat Sauce & Breadstick FEATURED VEGGIES Steamed Broccoli	30 Chicken Nuggets w/ Roll FEATURED VEGGIES Sweet Potatoes	31 Italian Dunkers w/ Marinara FEATURED VEGGIES Hash Brown Potatoes	

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