



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	4 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	5 Pancakes w/ Sausage Assorted Cereals or Cereal Bar with Graham Crackers	6 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	7 Apple Strudel 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, Kix, Cheerios, Fruit Loops,</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>
10 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	11 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Sticks with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	13 Sausage Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	14 No School	
17 No School	18 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	19 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	20 Pancakes & Sausage Assorted Cereals or Cereal Bar with Graham Crackers	21 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	
24 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	25 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	26 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	27 French Toast Sticks w/ Sausage Assorted Cereals or Cereal Bar with Graham Crackers	28 Mini Cinni 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



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3 WG Blueberry Lemon Crispy Bite Cracker 100% Apple Juice	4 WG Cheerios ½ Banana	5 WG Bagel w/ Cream Cheese 100% Apple Juice	6 WG Kix Cereal ½ Orange	7 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, Kix, Cheerios, Fruit Loops,</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>
10 WG Blueberry Lemon Crispy Bite Cracker 100% Apple Juice	11 WG Cheerios ½ Banana	12 WG Bagel w/ Cream Cheese 100% Apple Juice	13 WG Kix Cereal ½ Orange	14 No School	
17 No School	18 WG Cheerios ½ Banana	19 WG Bagel w/ Cream Cheese 100% Apple Juice	20 WG Kix Cereal ½ Orange	21 WG Banana Muffin Apple Slices	
24 WG Blueberry Lemon Crispy Bite Cracker 100% Apple Juice	25 WG Cheerios ½ Banana	26 WG Bagel w/ Cream Cheese 100% Apple Juice	27 WG Kix Cereal ½ Orange	28 WG Banana Muffin Apple Slices	

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>3</p> <p>Cheeseburger Buffalo Chicken Salad</p> <p>FEATURED VEGGIES French Fries Steamed Green Beans</p>	<p>4</p> <p>Chicken Tacos Tuna Salad</p> <p>FEATURED VEGGIES Rice & Beans Steamed Carrots</p>	<p>5</p> <p>Turkey & Cheese Melt on Pretzel Bun Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Steamed Peas Sweet Potatoes</p>	<p>6</p> <p>Roasted Chicken Chicken Ceasar Salad</p> <p>FEATURED VEGGIES Mashed Potatoes Steamed Corn</p>	<p>7</p> <p>Pasta w/ Meatballs Tuna Salad</p> <p>FEATURED VEGGIES Steamed Peas Apple Cider Slaw</p>	<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 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</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>10</p> <p>Cheeseburger on a Bun Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Steamed Carrots Celery Sticks</p>	<p>11</p> <p>Chicken Patty on a Roll Tuna Salad</p> <p>FEATURED VEGGIES Tater Tots Steamed Peas</p>	<p>12</p> <p>Beef Nachos Grande with Tortilla Chips Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Salsa Corn Salad</p>	<p>13</p> <p>Chicken Alfredo Over Pasta Chicken Ceasar Salad</p> <p>FEATURED VEGGIES Steamed Broccoli Steamed Rice</p>	<p>14</p> <p>School Closed Presidents Day</p>	<p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p>
<p>17</p> <p>School Closed Presidents Day</p>	<p>18</p> <p>Roasted Chicken Tuna Salad</p> <p>FEATURED VEGGIES Mashed Potatoes Steamed Green Beans</p>	<p>19</p> <p>Hot Turkey Sandwich w/ Gravy Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Oven Fries Steamed Corn</p>	<p>20</p> <p>Classic Sloppy Joe on a Roll Chicken Ceasar Salad</p> <p>FEATURED VEGGIES Tater Tots Steamed Carrots</p>	<p>21</p> <p>Cheese Pizza Tuna Salad</p> <p>FEATURED VEGGIES Garden Salad Sweet Potato Fries</p>	<p>Daily Alternates</p> <ul style="list-style-type: none"> • Fresh Entree Salad of the Week • Melted Cheese Sandwich • 1/2 Cheese Sandwich & Yogurt with Goldfish Crackers • Sun Butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers <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>24</p> <p>Chicken Nuggets w/ Roll Buffalo Chicken Salad</p> <p>FEATURED VEGGIES French Fries Steamed Broccoli</p>	<p>25</p> <p>Cheeseburger on a Bun Tuna Salad</p> <p>FEATURED VEGGIES Tater Tots Vegetarian Beans</p>	<p>26</p> <p>Nachos Grande With Tortilla Chips Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Salsa Steamed Rice</p>	<p>27</p> <p>Cheese Steak on a Roll Chicken Ceasar Salad</p> <p>FEATURED VEGGIES Peppers & Onions Tater Tots</p>	<p>28</p> <p>Pasta w/ Meatballs Tuna Salad</p> <p>FEATURED VEGGIES Curly Fries Steamed Peas</p>	

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Reduced Lunch	\$0.00
Faculty Lunch	\$5.00



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3 Cheeseburger FEATURED VEGGIES French Fries	4 Chicken Tacos FEATURED VEGGIES Steamed Carrots	5 Turkey & Cheese Melt on Pretzel Bun FEATURED VEGGIES Sweet Potatoes	6 Chicken Nuggets FEATURED VEGGIES Mashed Potatoes	7 Pasta w/ Meatballs FEATURED VEGGIES Steamed Peas	<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 Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</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>Daily Alternates</p> <ul style="list-style-type: none"> • Fresh Entree Salad of the Week • Melted Cheese Sandwich • ½ Cheese Sandwich & Yogurt with Goldfish Crackers • Sun Butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers <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>
10 Cheeseburger on a Bun FEATURED VEGGIES Steamed Carrots	11 Chicken Patty on a Roll FEATURED VEGGIES Tater Tots	12 Nachos Grande with Tortilla Chips FEATURED VEGGIES Corn Salad	13 Chicken Alfredo Over Pasta FEATURED VEGGIES Steamed Broccoli	14 School Closed Presidents Day	
17 School Closed Presidents Day	18 Chicken Nuggets FEATURED VEGGIES Mashed Potatoes	19 Hot Turkey Sandwich w/ Gravy FEATURED VEGGIES Oven Fries	20 Cheese Steak on a Roll FEATURED VEGGIES Tater Tots	21 Cheese Pizza FEATURED VEGGIES Sweet Potato Fries	
24 Chicken Nuggets w/ Roll FEATURED VEGGIES French Fries	25 Cheeseburger on a Bun FEATURED VEGGIES Tater Tots	26 Nachos Grande With Tortilla Chips FEATURED VEGGIES Steamed Rice	27 Classic Sloppy Joe on a Roll FEATURED VEGGIES Tater Tots	28 Pasta w/ Meatballs FEATURED VEGGIES Curly Fries	

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