



**Meet Your Nutritious Friend:**  
**Arctic Artichoke**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Banana Muffin  Fresh Fruit	2 Donut Sticks  Fresh Fruit	<b>What is a Meal?</b> BREAKFAST INCLUDES: 1. Whole Grain Item 2. 4oz. Of Fruit 3. Milk 1% white
5 Apple Nutri Grain Bar w/ Cheese stick  Fresh Fruit	6 Strawberry Mini Bagel  Fresh Fruit	7 Blueberry Donut Holes  Fresh Fruit	8 Banana Muffin  Fresh Fruit	9 Donut Sticks  Fresh Fruit	
12 Apple Nutri Grain Bar w/ Cheese stick  Fresh Fruit	13 Strawberry Mini Bagel  Fresh Fruit	14 Blueberry Donut Holes  Fresh Fruit	15 Banana Muffin  Fresh Fruit	16 Donut Sticks  Fresh Fruit	
19 Apple Nutri Grain Bar w/ Cheese stick  Fresh Fruit	20 Strawberry Mini Bagel  Fresh Fruit	21 Blueberry Donut Holes  Fresh Fruit	22 Banana Muffin  Fresh Fruit	23 Donut Sticks  Fresh Fruit	
26 <b>NO SCHOOL</b>	27 Strawberry Mini Bagel  Fresh Fruit	28 Blueberry Donut Holes  Fresh Fruit	29 Banana Muffin  Fresh Fruit	30 Donut Sticks  Fresh Fruit	
<b>NUTRI SERVE FOOD MANAGEMENT</b> Kristine Colo, Food Service Director 856-224-4900 ext. 2128 <a href="mailto:ma1535@metzcorp.com">ma1535@metzcorp.com</a>			<b>Meal Prices</b> Student Breakfast \$2.50		<b>NUTRI-SERVE</b> FOOD MANAGEMENT, INC. by Metz



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Popcorn Chicken Ham & Cheese Sandwich  <b>Hot Vegetable</b> Mac & Cheese	2 Pizza (4x6) Plain or Pepperoni  <b>Hot Vegetable</b> Fries	<b>What is a Meal?</b> You 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.  <b>Daily Lunch Alternatives:</b> • PBJ Lunch Combo • Cereal Lunch Combo  <b>Cold Veggie Bags:</b> <b>Monday:</b> Carrots/Toasty Bean Bits <b>Tuesday:</b> Cucumber Slices <b>Wednesday:</b> Peppers <b>Thursday:</b> Grape Tomatoes <b>Friday:</b> Caesar Salad  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% White Milk, Fat Free Chocolate, & Strawberry
5 Chocolate Chip French Toast w/ Sausage Links Quesadilla Pizza  <b>Hot Vegetable</b> Tater Tots	6 Walking Taco w/ Churro Quesadilla Pizza  <b>Hot Vegetable</b> Corn	7 Ham and Cheese on Roll w/Lays Chips Quesadilla Pizza  <b>Hot Vegetable</b> Carrots	8 Chicken Patty on WG Bun Quesadilla Pizza  <b>Hot Vegetable</b> Waffle Fries/Baked Beans	9 Pizza Crunchers  <b>Hot Vegetable</b> Carrots	
12 Mini Confetti Pancakes w/ Sausage Patty Mini Corn Dogs  <b>Hot Vegetable</b> Hashbrown Rounds	13 Soft Shell Chicken Tacos Mini Corn Dogs  <b>Hot Vegetable</b> Corn	14 Cheeseburger on WG Bun Mini Corn Dogs  <b>Hot Vegetable</b> Tater Tots	15 Baked BBQ Chicken Mini Corn Dogs  <b>Hot Vegetable</b> Mashed Potatoes	16 Stuff Crust Pizza  <b>Hot Vegetable</b> Peas	
19 Eggo Mini Blueberry Waffle w/ Sausage Links Ham and Cheese Sandwich  <b>Hot Vegetable</b> Tater Tots	20 Soft Shell Beef Tacos Ham and Cheese Sandwich  <b>Hot Vegetable</b> Corn	21 Pulled Pork on Kaiser Roll Ham and Cheese Sandwich  <b>Hot Vegetable</b> Broccoli/Baked Beans	22 Chicken Cheesesteak Ham and Cheese Sandwich  <b>Hot Vegetable</b> Green Beans	23 Personal Pizza  <b>Hot Vegetable</b> Carrots	
26 <b>NO SCHOOL</b>	27 Southwest Chicken Bowl w/ Rice Cheeseburger on WG Bun  <b>Hot Vegetable</b> Corn	28 Fish Sticks Cheeseburger on WG Bun  <b>Hot Vegetable</b> Broccoli	29 Popcorn Chicken Cheeseburger on WG Bun  <b>Hot Vegetable</b> Fries	30 Stuff Max Stick w/ Sauce  <b>Hot Vegetable</b> Peas	
<b>NUTRI SERVE FOOD MANAGEMENT</b> Kristine Colo, Food Service Director 856-224-4900 ext. 2128 <a href="mailto:ma1535@metzcorp.com">ma1535@metzcorp.com</a>			<b>Meal Prices</b> Student Lunch \$3.75 Faculty Lunch \$5.00		

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