



**Meet Your Nutritious Friend:
"Papa" Corn**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 WG Cheerios Cereal ½ Banana	2 WG Bagel w/ Cream Cheese 100% 4 oz Apple Juice	3 WG Kix Cereal ½ Orange	4 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, fat-free chocolate, fat free 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>
7 WG Blueberry Lemon Crispy Bite Cracker 100% 4 oz Apple Juice	8 WG Cheerios Cereal ½ Banana	9 WG Bagel w/ Cream Cheese 100% 4 oz Apple Juice	10 WG Kix Cereal ½ Orange	11 WG Banana Muffin Apple Slices	
14 WG Blueberry Lemon Crispy Bite Cracker 100% 4 oz Apple Juice	15 WG Cheerios Cereal ½ Banana	16 WG Bagel w/ Cream Cheese 100% 4 oz Apple Juice	17 WG Kix Cereal ½ Orange	18 WG Banana Muffin Apple Slices	
21 WG Blueberry Lemon Crispy Bite Cracker 100% 4 oz Apple Juice	22 WG Cheerios Cereal ½ Banana	23 WG Bagel w/ Cream Cheese 100% 4 oz Apple Juice	24 WG Kix Cereal ½ Orange	25 WG Banana Muffin Apple Slices	
28 WG Blueberry Lemon Crisp Bite Crackers 100% 4 oz Apple Juice	29 WG Cheerios Cereal ½ Banana	30 WG Bagel w/ Cream Cheese 100% 4 oz Apple Juice	31 WG Kix Cereal ½ Orange		

Dawn Janelli Food Service Director
609-487-7900 ext. 5070
ma1607@metzcorp.com

Meal Prices

Student Breakfast	\$2.25
Reduced Breakfast	\$0.30
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
	1 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	2 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	3 French Toast Assorted Cereals or Cereal Bar with Graham Crackers	4 Chocolate Chip With String Cheese 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>
7 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	8 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	9 Egg & Cheese English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	10 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	11 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
14 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	15 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	16 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	17 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	18 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	
21 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	22 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	23 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	24 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	25 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	
28 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	29 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	30 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	31 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers		

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	<p>1</p> <p>Nachos Grande with Tortilla Chips OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Latin Inspired Beans Tomato & Onion Salsa</p>	<p>2</p> <p>French Toast Sticks with Sausage Patties OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices</p>	<p>3</p> <p>Chicken Patty on a Bun OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Steamed Corn Romaine Salad</p>	<p>4</p> <p>Toasted Pizza Flatbread Sandwich (V) OR Garden Salad</p> <p>FEATURED VEGGIES Diced Tomatoes Roasted Zucchini</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 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"> • Yogurt, ½ Cheese Sandwich & Goldfish Crackers • Melted Cheese Sandwich • Sun butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers • Turkey Ham & Cheese Melt on Pretzel Bun <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>7</p> <p>Italian Meatballs & Cheese on a Roll OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Oven Fries Red Pepper Strips</p>	<p>8</p> <p>Walking Taco with Pretzel Stick OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Green Beans Caesar Salad</p>	<p>9</p> <p>Turkey Bacon Cheeseburger OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Mashed Potatoes Green Pepper Strips</p>	<p>10</p> <p>Buffalo Chicken & Cheese Flatbread OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Tomato Soup Corn Salad</p>	<p>11</p> <p>Cheese Pizza Bagel (V) OR Garden Salad</p> <p>FEATURED VEGGIES Roasted Sweet Potatoes Chickpea Salad</p>	
<p>14</p> <p>Mac & Cheese (V) OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Mashed Potatoes Steamed Corn</p>	<p>15</p> <p>Nachos Grande with Tortilla Chips OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Street Corn Salad Salsa</p>	<p>16</p> <p>Classic Sloppy Joe on Hawaiian Roll OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Steamed Broccoli Carrot Sticks</p>	<p>17</p> <p>Hot Ham & Cheese on a Pretzel Roll OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Baked Beans Mandarin Spring Salad</p>	<p>18</p> <p>Cheese Pizza Sticks with Dipping Sauce (V) OR Garden Salad</p> <p>FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad</p>	
<p>21</p> <p>Chicken Nuggets with Roll OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Tomato Soup Tater Tots</p>	<p>22</p> <p>Beef Soft Tacos OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Refried Beans Lettuce & Tomato</p>	<p>23</p> <p>Cowboy Burger on a Bun OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Glazed Carrots Broccoli Salad</p>	<p>24</p> <p>Chicken Alfredo over Penne with Garlic Bread OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Seamed Broccoli Celery Sticks with Ranch</p>	<p>25</p> <p>Pepperoni Pizza OR Garden Salad</p> <p>FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad</p>	
<p>28</p> <p>Classic Sloppy Joe on Hawaiian Roll OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Oven Fries Chickpea Salad</p>	<p>29</p> <p>Chicken Parmesan Sandwich OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Green Beans Tomato & Onion Salad</p>	<p>30</p> <p>Cheesesteak on a Roll OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Tater Tots Ranchero Carrots</p>	<p>31</p> <p>Corn Dog OR Garden Salad</p> <p>FEATURED VEGGIES Curly Fries Apple Cider Slaw</p>		

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Meal Prices	
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Reduced Lunch	\$0.40
Faculty Lunch	\$5.00



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	<p>1 Nachos Grande with Tortilla Chips</p> <p>FEATURED VEGGIES Latin Inspired Beans</p>	<p>2 French Toast Sticks with Sausage Patties</p> <p>FEATURED VEGGIES Hash Brown Potato</p>	<p>3 Chicken Patty on a Bun</p> <p>FEATURED VEGGIES Steamed Corn</p>	<p>4 Toasted Pizza Flatbread Sandwich (V)</p> <p>FEATURED VEGGIES Roasted Zucchini</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 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"> • Yogurt, ½ Cheese Sandwich & Goldfish Crackers • Melted Cheese Sandwich • Sun butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers • Turkey Ham & Cheese Melt on Pretzel Bun <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>7 Italian Meatballs & Cheese on a Roll</p> <p>FEATURED VEGGIES Oven Fries</p>	<p>8 Walking Taco with Pretzel Stick</p> <p>FEATURED VEGGIES Green Beans</p>	<p>9 Turkey Bacon Cheeseburger</p> <p>FEATURED VEGGIES Mashed Potatoes</p>	<p>10 Buffalo Chicken & Cheese Flatbread</p> <p>FEATURED VEGGIES Corn Salad</p>	<p>11 Cheese Pizza Bagel (V)</p> <p>FEATURED VEGGIES Roasted Sweet Potatoes</p>	
<p>14 Mac & Cheese (V)</p> <p>FEATURED VEGGIES Mashed Potatoes</p>	<p>15 Nachos Grande with Tortilla Chips</p> <p>FEATURED VEGGIES Street Corn Salad</p>	<p>16 Classic Sloppy Joe on Hawaiian Roll</p> <p>FEATURED VEGGIES Carrot Sticks</p>	<p>17 Hot Ham & Cheese on a Pretzel Roll</p> <p>FEATURED VEGGIES Baked Beans</p>	<p>18 Cheese Pizza Sticks with Dipping Sauce (V)</p> <p>FEATURED VEGGIES Carrot & Raisin Salad</p>	
<p>21 Chicken Nuggets with Roll</p> <p>FEATURED VEGGIES Tater Tots</p>	<p>22 Beef Soft Tacos</p> <p>FEATURED VEGGIES Lettuce & Tomato</p>	<p>23 Cowboy Burger on a Bun</p> <p>FEATURED VEGGIES Broccoli Salad</p>	<p>24 Chicken Alfredo over Penne with Garlic Bread</p> <p>FEATURED VEGGIES Celery Sticks with Ranch</p>	<p>25 Pepperoni Pizza</p> <p>FEATURED VEGGIES Oven Browned Sweet Potato</p>	
<p>28 Classic Sloppy Joe on Hawaiian Roll</p> <p>FEATURED VEGGIES Oven Fries</p>	<p>29 Chicken Parmesan Sandwich</p> <p>FEATURED VEGGIES Green Beans</p>	<p>30 Cheesesteak on a Roll</p> <p>FEATURED VEGGIES Tater Tots</p>	<p>31 Corn Dog</p> <p>FEATURED VEGGIES Curly Fries</p>		

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