



Meet Your Nutritious Friend:
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 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% fat-free white,</p>
4 WG Blueberry Lemon Crispy Bite Cracker 100% 4 oz Apple Juice	5 School Closed	6 WG Bagel w/ Cream Cheese 100% 4 oz Apple Juice	7 School Closed	8 School Closed	
11 WG Blueberry Lemon Crispy Bite Cracker 100% 4 oz Apple Juice	12 WG Cheerios Cereal ½ Banana	13 WG Bagel w/ Cream Cheese 100% 4 oz Apple Juice	14 WG Kix Cereal ½ Orange	15 WG Banana Muffin Apple Slices	
18 WG Blueberry Lemon Crispy Bite Cracker 100% 4 oz Apple Juice	19 WG Cheerios Cereal ½ Banana	20 WG Bagel w/ Cream Cheese 100% 4 oz Apple Juice	21 WG Kix Cereal ½ Orange	22 WG Banana Muffin Apple Slices	
25 WG Blueberry Lemon Crispy Bite Cracker 100% 4 oz Apple Juice	26 WG Cheerios Cereal ½ Banana	27 WG Bagel w/ Cream Cheese 100% 4 oz Apple Juice	28 School Closed	29 School Closed	<p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan These items do not contain any animal products</p>

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.



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 Chocolate Chip French Toast 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. - 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, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% fat-free white, fat-free chocolate, fat-free strawberry
4 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	5 School Closed	6 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	7 School Closed	8 School Closed	
11 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	12 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	13 Sausage, Egg & Cheese on English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	14 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	15 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	
18 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	19 French Toast Sticks Assorted Cereals or Cereal Bar with Graham Crackers	20 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	21 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	22 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	
25 Maple Waffles Assorted Cereals or Cereal Bar with Graham Crackers	26 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	27 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	28 School Closed	29 School Closed	

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				Cheesy Pizza Or Garden Salad FEATURED VEGGIES Cherry Tomatoes Cucumber Slices	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 Daily Alternates <ul style="list-style-type: none"> Fresh Entree Salad of the Week ½ Cheese Sandwich & Yogurt with Goldfish Crackers Melted Cheese Sandwich Sun butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers (V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (VG) Vegan These items do not contain any animal products
4 No Lunch Served Early Dismissal	5 School Closed Election Day	6 No Lunch Served Early Dismissal	7 School Closed NJEA Convention	8 School Closed NJEA Convention	
11 Chicken & Mashed Potato Bowl <i>Plant-Based Nuggets (V)</i> Or Buffalo Chicken Salad FEATURED VEGGIES Mashed Potatoes Baby Carrots	12 BBQ Pulled Pork on Roll Or Turkey BLT Salad FEATURED VEGGIES Latin Inspired Beans Tomato & Onion Salsa	13 French Toast Sticks with Sausage Patties Or Buffalo Chicken Salad FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices	14 Chicken Patty on a Bun Or Turkey BLT Salad FEATURED VEGGIES Steamed Corn Steamed Green Beans	15 Italian Dunkers with Sauce (V) Or Garden Salad FEATURED VEGGIES Diced Tomatoes Roasted Zucchini	
18 Italian Meatballs & Cheese on a Roll Or Buffalo Chicken Salad FEATURED VEGGIES Oven Fries Steamed Broccoli	19 Mac & Cheese (V) Or Turkey BLT Salad FEATURED VEGGIES Green Beans Caesar Salad	20 Hot Turkey Sandwich Or Buffalo Chicken Salad FEATURED VEGGIES Mashed Potatoes Steamed Peas	21 Buffalo Chicken & Cheese Flatbread Or Turkey BLT Salad FEATURED VEGGIES Tomato Soup Corn Salad	22 Pepperoni Pizza Bagel Or Garden Salad FEATURED VEGGIES Roasted Sweet Potatoes Chickpea Salad	
25 Turkey & Cheese Melt on a Croissant Or Buffalo Chicken Salad FEATURED VEGGIES Mashed Potatoes Steamed Corn	26 Walking Taco with Dinner Roll Or Turkey BLT Salad FEATURED VEGGIES Street Corn Salad Salsa	27 No Lunch Served Early Dismissal	28 School Closed Thanksgiving	29 School Closed Thanksgiving	
Dawn Janelli, Food Service Director 609.487.7900 ext. 5070 ma1607@metzcorp.com			Meal Prices Student Lunch \$3.50 Reduced Lunch \$0.40 Faculty Lunch \$5.00		

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				Cheesy Pizza ¹ FEATURED VEGGIES Cucumber Slices	<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 • ½ Cheese Sandwich & Yogurt with Goldfish Crackers • Melted Cheese Sandwich • Sun butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers <p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan These items do not contain any animal products</p>
No Lunch Served Early Dismissal ⁴	School Closed Election Day ⁵	No Lunch Served Early Dismissal ⁶	School Closed NJEA Convention ⁷	School Closed NJEA Convention ⁸	
Chicken & Mashed Potato Bowl <i>Plant-Based Nuggets (V)</i> ¹¹ FEATURED VEGGIES Mashed Potatoes	BBQ Pulled Pork on Roll ¹²	French Toast Sticks with Sausage Patties ¹³	Chicken Patty on a Bun ¹⁴	Italian Dunkers with Sauce (V) ¹⁵ FEATURED VEGGIES Roasted Zucchini	
Italian Meatballs & Cheese on a Roll ¹⁸	Mac & Cheese (V) ¹⁹	Hot Turkey Sandwich ²⁰	Buffalo Chicken & Cheese Flatbread ²¹	Pepperoni Pizza Bagel ²² FEATURED VEGGIES Roasted Sweet Potatoes	
Turkey & Cheese Melt on a Croissant ²⁵	Walking Taco with Dinner Roll ²⁶	No Lunch Served Early Dismissal ²⁷	School Closed Thanksgiving ²⁸	School Closed Thanksgiving ²⁹	

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