



**Meet Your Nutritious Friend:
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Pancakes & Sausage Assorted Cereals or Cereal Bar with Graham Crackers	2 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	3 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	4 Mini Cinni 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, Froot 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>
7 French Toast Sticks & Sausage Assorted Cereals or Cereal Bar with Graham Crackers	8 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	9 Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	10 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	11 Fruit & Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	
14 Mini Cinni Assorted Cereals or Cereal Bar with Graham Crackers	15 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	16 Pancakes & Sausage Assorted Cereals or Cereal Bar with Graham Crackers	17 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	18 School Closed Assorted Cereals or Cereal Bar with Graham Crackers	
21 School Closed Assorted Cereals or Cereal Bar with Graham Crackers	22 School Closed Assorted Cereals or Cereal Bar with Graham Crackers	23 School Closed Assorted Cereals or Cereal Bar with Graham Crackers	24 School Closed Assorted Cereals or Cereal Bar with Graham Crackers	25 School Closed Assorted Cereals or Cereal Bar with Graham Crackers	
28 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Pizza 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.



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 WG Cheerios 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, Kix, Cheerios, Froot 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>
7 WG Lemon Blueberry Crisp Bite Cracker 100% 4 oz Apple Juice	8 WG Cheerios 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 Lemon Blueberry Crisp Bite Cracker 100% 4 oz Apple Juice	15 WG Cheerios Assorted Cereals or Cereal Bar with Graham Crackers	16 WG Bagel w/ Cream Cheese 100% 4 oz Apple Juice	17 WG Kix Cereal ½ Orange	18 School Closed	
21 School Closed	22 School Closed	23 School Closed	24 School Closed	25 School Closed	
28 WG Lemon Blueberry Crisp Bite Cracker 100% 4 oz Apple Juice	29 WG Cheerios ½ Banana	30 WG Bagel w/ Cream Cheese 100% 4 oz Apple Juice			

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Baked Ziti Tuna Salad FEATURED VEGGIES Garden Salad Green Beans	2 Nachos Grande Buffalo Chicken Salad FEATURED VEGGIES Steamed Rice Refried Beans	3 Meatball & Cheese on a Roll Chicken Ceasar Salad FEATURED VEGGIES Steamed Broccoli Tater Tots	4 Cheese Pizza Tuna Salad FEATURED VEGGIES Apple Sauce Oven Fries	<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 Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</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 Chicken Alfredo Buffalo Chicken Salad FEATURED VEGGIES Steamed Peas Steamed Carrots	8 Cheeseburger on a Bun Tuna Salad FEATURED VEGGIES Smiley Potatoes Vegetarian Beans	9 Chicken Fajita w/ Cheese Buffalo Chicken Salad FEATURED VEGGIES Peppers & Onions Sweet Potato Fries	10 Classic Sloppy Joe Chicken Ceasar Salad FEATURED VEGGIES Curly Fries Corn	11 Pepperoni Pizza Tuna Salad FEATURED VEGGIES Steamed Broccoli Tater Tots	
14 Turkey & Cheese Melt on a Pretzel Bun Buffalo Chicken Salad FEATURED VEGGIES Mashed Potatoes Steamed Corn	15 Chicken Nuggets w/ Roll Tuna Salad FEATURED VEGGIES Steamed Carrots Oven Fries	16 Soft Taco Buffalo Chicken Salad FEATURED VEGGIES Rice Beans	17 Early Dismissal No Lunch Served FEATURED VEGGIES	18 School Closed Spring Break FEATURED VEGGIES	
21 School Closed Spring Break FEATURED VEGGIES	22 School Closed Spring Break FEATURED VEGGIES	23 School Closed Spring Break FEATURED VEGGIES	24 School Closed Spring Break FEATURED VEGGIES	25 School Closed Spring Break FEATURED VEGGIES	
28 Pasta w/ Meatballs Buffalo Chicken Salad FEATURED VEGGIES Steamed Green Beans Oven Fries	29 Cheeseburger on a Bun Tuna Salad FEATURED VEGGIES Garden Salad Tater Tots	30 Chicken Patty on a Bun Buffalo Chicken Salad FEATURED VEGGIES Steamed Corn Mashed Potatoes			

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Student Lunch	\$3.50
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00



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14 Turkey & Cheese Melt on a Pretzel Bun FEATURED VEGGIES Mashed Potatoes	15 Chicken Nuggets w/ Roll FEATURED VEGGIES Steamed Carrots	16 Soft Taco FEATURED VEGGIES Rice	17 Early Dismissal No Lunch Served FEATURED VEGGIES	18 School Closed Spring Break FEATURED VEGGIES	
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