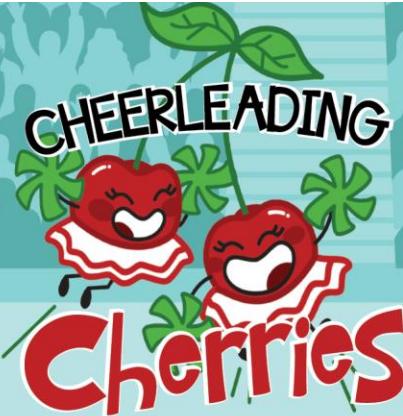




Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
2 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	3 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	4 Egg, Sausage & Cheese, Croissant Assorted Cereals or Cereal Bar with Graham Crackers	5 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	6 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	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 or Vegetable - Choice of Milk A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.
9 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	11 Pancakes with Turkey Bacon Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	13 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Cereals (served with graham crackers) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios
16 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	17 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	18 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	19 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	20 Pancakes & Sausage Assorted Cereals or Cereal Bar with Graham Crackers	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
23 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	25 Egg & Cheese on an English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	26 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	27 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	Choice of Milk 1% white, fat-free chocolate, fat-free strawberry
					(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
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 \$0.00
					



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
2 Mini Pancakes 100% Apple Juice 1% Milk	3 WG Chex Cereal ½ Orange 1% Milk	4 WG Bagel w/ Cream Cheese 100% Apple Juice 1% Milk	5 WG Cheerios 1 Banana 1% Milk	6 Mini Waffles 100% Apple Juice 1% Milk	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 or Vegetable - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.
9 Mini Pancakes 100% Apple Juice 1% Milk	10 WG Chex Cereal ½ Orange 1% Milk	11 WG Bagel w/ Cream Cheese 100% Apple Juice 1% Milk	12 WG Cheerios 1 Banana 1% Milk	13 School Closed	Choice of Milk 1% white
16 School Closed	17 WG Chex Cereal ½ Orange 1% Milk	18 WG Bagel w/ Cream Cheese 100% Apple Juice 1% Milk	19 WG Cheerios 1 Banana 1% Milk	20 Mini Waffles 100% Apple Juice 1% Milk	
23 Mini Pancakes 100% Apple Juice 1% Milk	24 WG Chex Cereal ½ Orange 1% Milk	25 WG Bagel w/ Cream Cheese 100% Apple Juice 1% Milk	26 WG Cheerios 1 Banana 1% Milk	27 Mini Waffles 100% Apple Juice 1% Milk	
					(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
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					 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES