



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	School Closed	Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	School Closed	School Closed
10	11	12	13	14
Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Egg, Sausage & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
17	18	19	20	21
Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Bacon, Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers
24	25	26	27	28
Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	Glazed Dunkin Sticks 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 or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla, 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, Foodservice Director
609.487.7900 ext. 5070
ma1607@metzcorp.com

Meal Prices

Student Breakfast	\$2.25
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.55





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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Apple Cinnamon Muffin 100% Apple Juice	School Closed	WG Bagel w/ Cream Cheese 100% Apple Juice	School Closed	School Closed
10	11	12	13	14
Apple Cinnamon Muffin 100% Apple Juice	WG Chex Cereal ½ Orange	WG Bagel w/ Cream Cheese 100% Apple Juice	WG Cheerios Cereal ½ Banana	Mini Waffles Apple Slices
17	18	19	20	21
Apple Cinnamon Muffin 100% Apple Juice	WG Chex Cereal ½ Orange	WG Bagel w/ Cream Cheese 100% Apple Juice	WG Cheerios Cereal ½ Banana	Mini Waffles Apple Slices
24	25	26	27	28
Apple Cinnamon Muffin 100% Apple Juice	WG Chex Cereal ½ Orange	WG Bagel w/ Cream Cheese 100% Apple Juice	Thanksgiving School Closed	Thanksgiving School Closed

What is a Meal?

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- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

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Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

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Monday	Tuesday	Wednesday	Thursday	Friday
3 ½ Day No Lunch Served FEATURED VEGGIES	4 School Closed	5 ½ Day No Lunch Served FEATURED VEGGIES	6 School Closed FEATURED VEGGIES	7 School Closed FEATURED VEGGIES
10 Popcorn Chicken with Roll Italian Hoagie Buffalo Chicken Salad with Goldfish Crackers (V) FEATURED VEGGIES Mashed Potatoes Baby Carrots	11 Beef & Cheese Quesadilla Turkey Hoagie Tuna Salad with Goldfish Crackers FEATURED VEGGIES Steamed Rice Tomato Salad	12 Pizza Dippers w/ Marinara Sauce Italian Hoagie Buffalo Chicken Salad w/ Goldfish FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices	13 Chicken Patty on a Bun Turkey Hoagie Chicken Ceasar Salad with Goldfish FEATURED VEGGIES Steamed Corn Romaine Salad	14 Pepperoni Pizza Italian Hoagie Tuna Salad with Goldfish FEATURED VEGGIES Diced Tomatoes Roasted Zucchini
17 Chicken Nuggets with Roll Italian Hoagie Buffalo Chicken Salad with Goldfish Crackers (V) FEATURED VEGGIES Oven Fries Steamed Broccoli	18 Macaroni & Cheese (V) Turkey Hoagie Tuna Salad with Goldfish Crackers FEATURED VEGGIES Green Beans Caesar Salad	19 Cheeseburger on a Bun Italian Hoagie Buffalo Chicken Salad w/ Goldfish FEATURED VEGGIES Mashed Potatoes Steamed Peas	20 Toasted Cheese Sandwich (V) Turkey Hoagie Chicken Ceasar Salad with Goldfish FEATURED VEGGIES Tomato Soup Corn Salad	21 Cheese Pizza Italian Hoagie Tuna Salad with Goldfish Crackers FEATURED VEGGIES Roasted Sweet Potatoes Diced Tomatoes
24 Hot Turkey & Cheese Sandwich w/ Gravy Italian Hoagie Buffalo Chicken Salad with Goldfish Crackers FEATURED VEGGIES Mashed Potatoes Steamed Corn	25 Chicken & Cheese Quesadilla Tuna Salad with Goldfish Crackers FEATURED VEGGIES Rice & Beans Gaarden Salad	26 ½ Day No Lunch Served FEATURED VEGGIES	27 Thanksgiving School Closed FEATURED VEGGIES	28 School Closed FEATURED VEGGIES

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, fat-free chocolate, fat-free vanilla, fat-free strawberry

Daily Alternates

Fresh Entree Salad of the Week
 Fresh Hoagie of the Day
 Sun Butter & Jelly Sandwich w/ Goldfish Crackers & Cheese Stick
 ½ Cheese Sandwich & Yogurt
 Melted Cheese Sandwich

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Reduced Lunch	\$0.00
Faculty Lunch	\$5.00





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10 Popcorn Chicken with Roll FEATURED VEGGIES Mashed Potatoes	11 Beef & Cheese Quesadilla FEATURED VEGGIES Steamed Rice	12 Pizza Dippers w/ Marinara Sauce FEATURED VEGGIES Hash Brown Potato	13 Chicken Patty on a Bun FEATURED VEGGIES Steamed Corn	14 Pepperoni Pizza FEATURED VEGGIES Roasted Zucchini
17 Chicken Nuggets with Roll FEATURED VEGGIES Oven Fries	18 Macaroni & Cheese (V) FEATURED VEGGIES Green Beans	19 Cheeseburger on a Bun FEATURED VEGGIES Mashed Potatoes	20 Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup	21 Cheese Pizza FEATURED VEGGIES Roasted Sweet Potatoes
24 Hot Turkey & Cheese Sandwich w/ Gravy FEATURED VEGGIES Steamed Corn	25 Chicken & Cheese Quesadilla FEATURED VEGGIES Rice & Beans	26 ½ Day No Lunch Served FEATURED VEGGIES	27 Thanksgiving School Closed FEATURED VEGGIES	28 School Closed FEATURED VEGGIES

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, fat-free chocolate, fat-free vanilla, fat-free strawberry

Daily Alternates

- Fresh Entree Salad of the Week
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