# **November 2025**





**Meet Your Nutritious Friend: Scary Cranberry** 

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

## 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



# **Ventnor School District** Pre K Breakfast Menu

# **November 2025**





**Meet Your Nutritious Friend: Scary Cranberry** 

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

# 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



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





# **November 2025**



**Meet Your Nutritious Friend: Scary Cranberry** 

Monday	Tuesday	Wednesday	Thursday	Friday
	Tuesuay	_	_	
3	4	5	6	7
½ Day		½ Day		
,	School Closed	· ·	School Closed	School Closed
No Lunch Served		No Lunch Served		
FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES
TEXTORED VEGGIEG	TEXTORED VEGGIEG	TEXTORES VEGGIES	- EXTORES VEGGIES	TEXTORES VEGGIEG
10	11 Beef & Cheese Quesadilla	12	13	14
Popcorn Chicken with Roll		Pizza Dippers w/ Marinara Sauce	Chicken Patty on a Bun	Pepperoni Pizza
Italian Hoagie	Turkey Hoagie	Italian Hoagie	Turkey Hoagie	n P 11 -
Buffalo Chicken Salad with	Tuna Salad with Goldfish Crackers	Buffalo Chicken Salad w/	Chicken Ceasar Salad with	Italian Hoagie
Goldfish Crackers (V)		Goldfish	Goldfish	Tuna Salad with Goldfis
FEATURED VEGGIES Mashed Potatoes	FEATURED VEGGIES Steamed Rice	FEATURED VEGGIES Hash Brown Potato	FEATURED VEGGIES Steamed Corn	FEATURED VEGGIES Diced Tomatoes
Baby Carrots	Tomato Salad	Fresh Cucumber Slices	Romaine Salad	Roasted Zucchini
17	18	19	20	21
Chicken Nuggets with Roll	Macaroni & Cheese (V)	Cheeseburger on a Bun	Toasted Cheese Sandwich (V)	Cheese Pizza
Italian Hoagie	Turkey Hoagie	Italian Hoagie	` ′	Italian Hoagie
Buffalo Chicken Salad with Goldfish Crackers (V)	Tuna Salad with Goldfish Crackers	Buffalo Chicken Salad w/ Goldfish	Turkey Hoagie Chicken Ceasar Salad with Goldfish	Tuna Salad with Goldfis Crackers
FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES
Oven Fries Steamed Broccoli	Green Beans Caesar Salad	Mashed Potatoes Steamed Peas	Tomato Soup Corn Salad	Roasted Sweet Potatoe Diced Tomatoes
24	25	26 27		28
Hot Turkey & Cheese	Chicken & Cheese			20
Sandwich w/ Gravy	Quesadilla	½ Day	Thanksgiving	School Closed
Italian Hoagie	Tuna Salad with Goldfish	No Lunch Served	School Closed	2525. 5.2504
Buffalo Chicken Salad with	Crackers			
Goldfish Crackers FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES
Mashed Potatoes	Rice & Beans			
Steamed Corn	Gaarden Salad			
_				

# 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

#### (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 Lunch \$3.65 Reduced Lunch \$0.00 Faculty Lunch \$5.00



# **Ventnor School District** Pre K Lunch Menu

# **November 2025**



**Meet Your Nutritious Friend: Scary Cranberry** 

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
<b>3</b> ½ Day	4	<b>5</b> ½ Day	6	7	Students must choose at least 3 of the 5 components available for the school lunch price.
No Lunch Served	School Closed	No Lunch Served	School Closed	School Closed	- Choice of Whole Grain - Choice of Protein - Choice of Vegetable
FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	- Choice of Fruit - Choice of Milk
10	11	12	13	14	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
Popcorn Chicken with Roll	Beef & Cheese Quesadilla	Pizza Dippers w/ Marinara Sauce	Chicken Patty on a Bun	Pepperoni Pizza	Choice of Vegetable
FEATURED VEGGIES Mashed Potatoes	FEATURED VEGGIES Steamed Rice	FEATURED VEGGIES Hash Brown Potato	FEATURED VEGGIES Steamed Corn	FEATURED VEGGIES	Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
Macrica i ciatoco	Otodinod Moo	Tidon Brown Foldie	Cloumou Com	Roasted Zucchini	Choice of Fruit
17	18	19	20	21	Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
Chicken Nuggets with Roll	Macaroni & Cheese (V)	Cheeseburger on a Bun	Toasted Cheese Sandwich (V)	Cheese Pizza	Choice of Milk 1% white, fat-free white, fat-free
FEATURED VEGGIES Oven Fries	FEATURED VEGGIES Green Beans	FEATURED VEGGIES Mashed Potatoes	FEATURED VEGGIES Tomato Soup	FEATURED VEGGIES Roasted Sweet Potatoes	chocolate, fat-free vanilla, fat-free strawberry
24	25	26	27	28	Daily Alternates
24		½ Day	Thanksgiving		Fresh Entree Salad of the Week
Hot Turkey & Cheese	Chicken & Cheese Quesadilla			School Closed	Fresh Hoagie of the Day
Sandwich w/ Gravy		No Lunch Served	School Closed		Sun Butter & Jelly Sandwich w/ Goldfish Crackers & Cheese Stick
FEATURED VEGGIES Steamed Corn	FEATURED VEGGIES Rice & Beans	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	½ Cheese Sandwich & Yogurt Melted Cheese Sandwich
					(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		Meal Prices			<b>₹</b> 7 <b>€</b> .

# What is a Meal?

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

#### Choice of Vegetable

## Choice of Fruit

# Choice of Milk

# Daily Alternates

#### (V) Vegetarian

#### (VG) Vegan

