



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	2 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	3 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	4 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	5 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
8 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	9 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	10 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	11 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	12 Chocolate Chip Muffin Assorted Cereals or Cereal Bar with Graham Crackers
15 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	16 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	17 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	18 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	19
22	23	24	25	26
29	30			

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, Trix, 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, 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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Ventnor School District Name
Pre-k Breakfast Menu

June 2026



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1 WG Blueberry Lemon Crispy Cracker 100 % Apple Juice 1% Milk	2 WG Chex Cereal ½ Orange 1% Milk	3 Apple Cinnamon Muffin 100 % Apple Juice 1% Milk	4 WG Cheerios 1 Banana 1% Milk	5 Mini Waffles 100 % Apple Juice 1% Milk
8 WG Blueberry Lemon Crispy Cracker 100 % Apple Juice 1% Milk	9 WG Chex Cereal ½ Orange 1% Milk	10 Apple Cinnamon Muffin 100 % Apple Juice 1% Milk	11 WG Cheerios 1 Banana 1% Milk	12 Mini Waffles 100 % Apple Juice 1% Milk
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.