



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	3 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	4 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	5 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	6 Egg & Cheese Croissant 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 Cinnamon Toast Crunch, Trix, Cocoa Puffs, Cheerios, Kix, Cheerios, Froot Loops, Frosted Flakes</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>
9 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	11 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	12 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	13 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
16 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	17 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	18 Apple Pie Smoothie Bowl Assorted Cereals or Cereal Bar with Graham Crackers	19 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	20 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	
23	24	25	26	27	
30	31				

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.



**Meet Your Nutritious Friend:
You "Tuber"**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 WG Blueberry Lemon Crispy Bite Cracker 100% Apple Juice	3 WG Cheerios ½ Banana	4 WG Bagel w/ Cream Cheese 100% Apple Juice	5 WG Kix Cereal ½ Orange	6 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 Cinnamon Toast Crunch, Trix, Cocoa Puffs, Cheerios, Kix, Cheerios, Froot Loops, Frosted Flakes</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>
9 WG Blueberry Lemon Crispy Bite Cracker 100% Apple Juice	10 WG Cheerios ½ Banana	11 WG Bagel w/ Cream Cheese 100% Apple Juice	12 WG Kix Cereal ½ Orange	13 WG Banana Muffin Apple Slices	
16 WG Blueberry Lemon Crispy Bite Cracker 100% Apple Juice	17 WG Cheerios ½ Banana	18 WG Bagel w/ Cream Cheese 100% Apple Juice	19 WG Kix Cereal ½ Orange	20 WG Banana Muffin Apple Slices	
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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>2</p> <p>Chicken Nuggets with Roll OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Vegetarian Beans Tater Tots</p>	<p>3</p> <p>Nachos Grande with Tortilla Chips OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Refried Beans Corn Salad</p>	<p>4</p> <p>Cowboy Burger on a Bun OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Glazed Carrots Broccoli Salad</p>	<p>5</p> <p>Corn Dog OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Curly Fries Apple Cider Slaw</p>	<p>6</p> <p>Pepperoni Pizza OR Garden Salad</p> <p>FEATURED VEGGIES Oven Browned Sweet Potato Steamed Green Beans</p>	<p>What is a Meal?</p> <p>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</p> <ul style="list-style-type: none"> • Fresh Entree Salad of the Week • ½ Cheese Sandwich & Yogurt with Goldfish Crackers • Melted Cheese Sandwich • Sun butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers <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>
<p>9</p> <p>Chicken Parm on a Bun OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Oven Fries Chickpea Salad</p>	<p>10</p> <p>Walking Taco with Pretzel Stick OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad</p>	<p>11</p> <p>Cheesesteak on a Roll OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Tater Tots Ranchero Carrots</p>	<p>12</p> <p>Meatballs, Marinara with Garlic Bread OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch</p>	<p>13</p> <p>Cheesy Pizza OR Garden Salad</p> <p>FEATURED VEGGIES Cherry Tomatoes Cucumber Slices</p>	
<p>16</p> <p>Cheeseburger on a Bun OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Steamed Broccoli Cucumber Slices</p>	<p>17</p> <p>Soft Beef Tacos OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Latin Inspired Beans Golden Corn</p>	<p>18</p> <p>French Toast Sticks with Sausage Links OR Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Hash Browns Carrot Sticks</p>	<p>19</p> <p>Macaroni & Cheese (V) OR Turkey BLT Salad</p> <p>FEATURED VEGGIES Stewed Tomatoes Apple Cider Slaw</p>	<p>20</p> <p>Funnel Cake with Sausage Patty OR Garden Salad</p> <p>FEATURED VEGGIES Hash Brown Potato Baby Carrots</p>	
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	
<p>30</p>	<p>31</p>				

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Meal Prices	
Student Breakfast	\$3.50
Reduced Breakfast	\$0.40
Faculty Breakfast	\$5.00





Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Chicken Nuggets with Roll FEATURED VEGGIES Tater Tots	3 Nachos Grande with Tortilla Chips FEATURED VEGGIES Corn Salad	4 Cowboy Burger on a Bun FEATURED VEGGIES Glazed Carrots	5 Corn Dog FEATURED VEGGIES Curly Fries	6 Pepperoni Pizza FEATURED VEGGIES Oven Browned Sweet Potato	<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</p> <ul style="list-style-type: none"> • Fresh Entree Salad of the Week • ½ Cheese Sandwich & Yogurt with Goldfish Crackers • Melted Cheese Sandwich • Sun butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers <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>
9 Chicken Parm on a Bun FEATURED VEGGIES Oven Fries	10 Walking Taco with Pretzel Stick FEATURED VEGGIES Mexicali Corn	11 Cheesesteak on a Roll FEATURED VEGGIES Tater Tots	12 Meatballs, Marinara with Garlic Bread FEATURED VEGGIES Steamed Broccoli	13 Cheesy Pizza FEATURED VEGGIES Cucumber Slices	
16 Cheeseburger on a Bun FEATURED VEGGIES Steamed Broccoli	17 Soft Beef Tacos FEATURED VEGGIES Golden Corn	18 French Toast Sticks with Sausage Links FEATURED VEGGIES Hash Browns	19 Macaroni & Cheese (V) FEATURED VEGGIES Stewed Tomatoes	20 Funnel Cake with Sausage Patty FEATURED VEGGIES Hash Brown Potato	
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