



**Meet Your Nutritious Friend:
Arctic Artichoke**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	2 Mini Cinni 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 (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, 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>
5 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	6 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	7 Pancakes & Sausage Assorted Cereals or Cereal Bar with Graham Crackers	8 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	9 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	
12 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	13 French Toast Sticks & Sausage Assorted Cereals or Cereal Bar with Graham Crackers	14 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	15 Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	16 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	
19 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	20 Bagel & Cream Cheese Assorted Cereals or Cereal Bar with Graham Crackers	21 Mini Cinni Assorted Cereals or Cereal Bar with Graham Crackers	22 Pancakes & Sausage Assorted Cereals or Cereal Bar with Graham Crackers	23 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	
26 Memorial Day School Closed	27 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	28 French Toast Sticks & Sausage Assorted Cereals or Cereal Bar with Graham Crackers	29 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	30 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	

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





**Meet Your Nutritious Friend:
Arctic Artichoke**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 WG Kix Cereal ½ Orange	2 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 (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, 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>
5 WG Lemon Blueberry Crisp Bite Cracker 100% 4 oz. Apple Juice	6 WG Cheerios ½ Banana	7 WG Bagel w/ Cream Cheese 100% 4oz. Apple Juice	8 WG Kix Cereal ½ Orange	9 WG Banana Muffin Apple Slices	
12 WG Lemon Blueberry Crisp Bite Cracker 100% 4 oz. Apple Juice	13 WG Cheerios ½ Banana	14 WG Bagel w/ Cream Cheese 100% 4oz. Apple Juice	15 WG Kix Cereal ½ Orange	16 WG Banana Muffin Apple Slices	
19 WG Lemon Blueberry Crisp Bite Cracker 100% 4 oz. Apple Juice	20 WG Cheerios ½ Banana	21 WG Bagel w/ Cream Cheese 100% 4oz. Apple Juice	22 WG Kix Cereal ½ Orange	23 WG Banana Muffin Apple Slices	
26 Memorial Day School Closed	27 WG Cheerios ½ Banana	28 WG Bagel w/ Cream Cheese 100% 4oz. Apple Juice	29 WG Kix Cereal ½ Orange	30 WG Banana Muffin Apple Slices	

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



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Chicken Alfredo Over Pasta Chicken Cesar Salad FEATURED VEGGIES Steamed Broccoli Apple Sauce	2 Cheese Pizza Tuna Salad FEATURED VEGGIES Steamed Carrots Oven Fries	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 1/2 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, chocolate, vanilla, and strawberry
5 Classic Sloppy Joe Buffalo Chicken Salad FEATURED VEGGIES Tater Tots Steamed Corn	6 Buffalo Chicken & Cheese Flatbread Tuna Salad FEATURED VEGGIES Steamed Green Beans Steamed Rice	7 Baked Ziti Buffalo Chicken Salad FEATURED VEGGIES Garden Salad Steamed Peas	8 Soft Taco Chicken Cesar Salad FEATURED VEGGIES Rice Beans	9 Pepperoni Pizza Tuna Salad FEATURED VEGGIES Carrot Sticks Steamed Broccoli	Daily Alternates <ul style="list-style-type: none">Fresh Entree Salad of the WeekMelted Cheese Sandwich1/2 Cheese & Yogurt with Goldfish CrackersSun Butter & Jelly Sandwich w/ String Cheese & Goldfish Crackers
12 Cheeseburger on a Bun Buffalo Chicken Salad FEATURED VEGGIES Sweet Potato Fries Zucchini	13 Macaroni & Cheese Tuna Salad FEATURED VEGGIES Stewed Tomatoes Apple Cider Slaw	14 Cheese steak on a Roll Buffalo Chicken Salad FEATURED VEGGIES Oven Fries Steamed carrots	15 Oven Roasted Chicken Chicken Cesar Salad FEATURED VEGGIES Mashed Potatoes Steamed Corn	16 Cheese Pizza Tuna Salad FEATURED VEGGIES Sweet Potatoes Tomato & Cucumber	(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
19 Chicken Nuggets w/ Roll Buffalo Chicken Salad FEATURED VEGGIES Waffle Fries Steamed Peas	20 Walking Taco With dinner Roll Tuna Salad FEATURED VEGGIES Latin Inspired Beans Tomato & Onion Salsa	21 BBQ Pulled Pork on Roll Buffalo Chicken Salad FEATURED VEGGIES Steamed Corn Tater Tots	22 Cheeseburger on a Bun Chicken Cesar Salad FEATURED VEGGIES Oven Fries Steamed Broccoli	23 Meatball & Cheese on a Roll Tuna Salad FEATURED VEGGIES Garden Salad Carrot Sticks	
26 Memorial Day School Closed FEATURED VEGGIES	27 Nachos Grande Tuna Salad FEATURED VEGGIES Green Beans Salsa	28 Classic Sloppy Joe Buffalo Chicken Salad FEATURED VEGGIES Tater Tots Steamed Corn	29 Hot Turkey Sandwich Chicken Cesar Salad FEATURED VEGGIES Mashed Potatoes Steamed Peas	30 Pepperoni Pizza Tuna Salad FEATURED VEGGIES Curly Fries Bean Salad	

Your Team
Dawn Janelli, Food Service Director
609.487.7900 ext. 5070
ma1607@metzcorp.com

Meal Prices
Student Lunch \$3.50
Reduced Lunch \$0.00
Faculty Lunch \$5.00



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



**Meet Your Nutritious Friend:
Arctic Artichoke**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Chicken Alfredo Over Pasta FEATURED VEGGIES Steamed Broccoli	2 Cheese Pizza FEATURED VEGGIES Steamed Carrots	<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 • Melted Cheese Sandwich • ½ Cheese & Yogurt with Goldfish Crackers • 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>
5 Classic Sloppy Joe FEATURED VEGGIES Tater Tots	6 Buffalo Chicken & Cheese Flatbread FEATURED VEGGIES Steamed Green Beans	7 Baked Ziti FEATURED VEGGIES Steamed Peas	8 Soft Taco FEATURED VEGGIES Rice	9 Pepperoni Pizza FEATURED VEGGIES Steamed Broccoli	
12 Cheeseburger on a Bun FEATURED VEGGIES Sweet Potato Fries	13 Macaroni & Cheese FEATURED VEGGIES Stewed Tomatoes	14 Cheese steak on a Roll FEATURED VEGGIES Oven Fries	15 Chicken Nuggets w/ Roll FEATURED VEGGIES Mashed Potatoes	16 Cheese Pizza FEATURED VEGGIES Sweet Potatoes	
19 Chicken Nuggets w/ Roll FEATURED VEGGIES Waffle Fries	20 Walking Taco With dinner Roll FEATURED VEGGIES Latin Inspired Beans	21 BBQ Pulled Pork on Roll FEATURED VEGGIES Tater Tots	22 Cheeseburger on a Bun FEATURED VEGGIES Oven Fries	23 Meatball & Cheese on a Roll FEATURED VEGGIES Garden Salad	
26 Memorial Day School Closed FEATURED VEGGIES	27 Nachos Grande FEATURED VEGGIES Green Beans	28 Classic Sloppy Joe FEATURED VEGGIES Tater Tots	29 Hot Turkey Sandwich FEATURED VEGGIES Mashed Potatoes	30 Pepperoni Pizza FEATURED VEGGIES Curly Fries	

Your Team
Dawn Janelli, Food Service Director
609.487.7900 ext. 5070
ma1607@metzcorp.com

Meal Prices

Student Lunch	\$3.50
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.