



**Meet Your Nutritious Friends:
The Seeds**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2	3	4	5	6	<p>What is a Meal? 3 components available for the school breakfast price. Whole Grain Fruit Milk A minimum 1/4 cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Fruit 100% fruit juice</p> <p>Milk 1% White</p>
Cereal Bowl w/g 100% Juice 1% White Milk	Mini Cinnamon Bagels w/g 100% Juice 1% White Milk	Pop tart w/g 100% Juice 1% White Milk	Mini Strawberry Bagels 100% Juice 1% White Milk	Cereal Bowl w/g 100% Juice 1% White Milk	
9	10	11	12	13	
Cereal Bowl w/g 100% Juice 1% White Milk	Mini Cinnamon Bagels w/g 100% Juice 1% White Milk	Pop tart w/g 100% Juice 1% White Milk	Mini Strawberry Bagels 100% Juice 1% White Milk	Cereal Bowl w/g 100% Juice 1% White Milk	
16	17	18	19	20	
Cereal Bowl w/g 100% Juice 1% White Milk	Mini Cinnamon Bagels w/g 100% Juice 1% White Milk	Pop tart w/g 100% Juice 1% White Milk	Mini Strawberry Bagels 100% Juice 1% White Milk	Cereal Bowl w/g 100% Juice 1% White Milk	
23	24	25	26	27	
Cereal Bowl w/g 100% Juice 1% White Milk	Mini Cinnamon Bagels w/g 100% Juice 1% White Milk	Pop tart w/g 100% Juice 1% White Milk	Mini Strawberry Bagels 100% Juice 1% White Milk	Cereal Bowl w/g 100% Juice 1% White Milk	
30					<p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan These items do not contain any animal products</p>

Your Team
Kristine Colo, Food Service Director
 856.224.4900 ext. 2128
ma1535@metzcorp.com

Meal Prices

Student Breakfast	\$2.50
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.75



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