



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2	3	4	5	6	<p>What is a Meal? You 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>
		Strawberry Cream Cheese Bagel	Chocolate Chip Muffin	Mini Cini Rolls	
		Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
9	10	11	12	13	
Glazed Dunkin Sticks	Apple Strudel	Strawberry Cream Cheese Bagel	Chocolate Chip Muffin	Mini Cini Rolls	
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
16	17	18	19	20	
Glazed Dunkin Sticks	Apple Strudel	Strawberry Cream Cheese Bagel	Chocolate Chip Muffin	Mini Cini Rolls	
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
23	24	25	26	27	
Glazed Dunkin Sticks	Apple Strudel	Strawberry Cream Cheese Bagel	Chocolate Chip Muffin	Mini Cini Rolls	
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
30					
Glazed Dunkin Sticks					
Assorted Cereals or Cereal Bar with Graham Crackers					
<p>Your Team Richele Boyce, Food Service Director 856-589-0718 ext. 1225 ma1586@metzcorp.com</p>			<p>Meal Prices Student Breakfast \$2.00 Reduced Breakfast \$0.00</p>		

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



**Meet Your Nutritious Friends:
The Seeds**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily	
2	3	4	5	6	<p>What is a Meal? You 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, chocolate, strawberry</p> <p>Daily Monthly Alternates: All Beef Hot Dog Uncrustable Meal</p>	
<p>Turkey & Cheese Ham & Cheese</p> <p>FEATURED VEGGIES Cold Veggie of the Day</p>	<p>Cheesy Pizza Bagel & Yogurt Meal</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>Chicken Nuggets Turkey & Cheese</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>Toasted Cheese Sandwich (V) Chicken Nuggets with Roll</p> <p>FEATURED VEGGIES Tomato Soup Tater Tots</p>	<p>Beef Soft Tacos Nachos Grande with Tortilla Chips</p> <p>FEATURED VEGGIES Refried Beans Lettuce & Tomato</p>		<p>Cowboy Burger on a Bun Indian Butter Chicken over Brown Rice</p> <p>FEATURED VEGGIES Glazed Carrots Broccoli Salad</p>
<p>Classic Sloppy Joe on Hawaiian Roll Citrus Mojo Chicken with Dinner Roll</p> <p>FEATURED VEGGIES Oven Fries Chickpea Salad</p>	<p>Chicken Patty on a Bun Walking Taco with Pretzel Stick <i>Black Bean Salsa</i> (V)</p> <p>FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad</p>	<p>Cheesesteak on a Roll Smoky 3-Bean Chili with Crackers (V)</p> <p>FEATURED VEGGIES Tater Tots Ranchero Carrots</p>	<p>Meatballs, Marinara, or Chicken Alfredo over Penne with Garlic Bread Chicken Nuggets with Roll</p> <p>FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch</p>	<p>Cheddar Cheese Quesadilla on Flatbread (V) Cheesy Pizza Oven Browned Sweet Potato Corn Salad</p> <p>FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad</p>		
<p>Cheeseburger on a Bun Chicken Nuggets with Roll</p> <p>FEATURED VEGGIES Steamed Broccoli Cucumber Slices</p>	<p>Santa Fe Pita Pizza (V) Taco Beef over Nacho Chips</p> <p>FEATURED VEGGIES Latin Inspired Beans Golden Corn</p>	<p>Breakfast Wrap (V) French Toast Sticks with Sausage Links</p> <p>FEATURED VEGGIES Tri Patty Taters Carrot Sticks</p>	<p>Cheesesteak Sub Macaroni & Cheese (V)</p> <p>FEATURED VEGGIES Stewed Tomatoes Apple Cider Slaw</p>	<p>Cheesy Pizza Italian Dunkers with Sauce (V)</p> <p>FEATURED VEGGIES Steamed Green Beans Baby Carrots</p>		
<p>Chicken & Mashed Potato Bowl Cheesesteak on a Roll</p> <p>FEATURED VEGGIES Mashed Potatoes Baby Carrots</p>						
<p>Your Team Richele Boyce, Food Service Director 856-589-0718 ext. 1225 ma1586@metzcorp.com</p>			<p>Meal Prices Student Lunch \$3.20 Reduced Lunch \$0.00</p>			

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