



Meet Your Nutritious Friend:
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	Reminder to resubmit a free & reduced application before October 31 st . Applications can be found on the Districts website			Assorted Cereals w/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>
4 Fall Break	5 Fall Break	6 Fall Break	7 Fall Break	8 Fall Break	
11 Cinnamon Toast Crunch w/Graham Crackers	12 Apple Strudel	13 Kix Cereal w/ Graham Crackers	14 Chocolate Chip French Toast	15 Assorted Cereals w/Graham Crackers	
18 Fruity Cheerios w/Graham Crackers	19 Mini Cinni Rolls	20 Cheerio's w/Graham Crackers	21 Blueberry Waffles Pillsbury	22 Assorted Cereals w/Graham Crackers	
25 Crunch Mania Crackers	26 Cinnamon Pop-tart w/String Cheese	27 Cocoa Puffs w/Graham Crackers	28 Thanksgiving Recess	29 Thanksgiving Recess	<p>You can view and add funds to your students account at www.schoolpaymentportal.com</p>

Your Team
Christine Storey, Food Service Director
856-767-8293 ext. 5026
ma1580@metzcorp.com

Meal Prices
Student Breakfast \$1.35
Reduced Breakfast \$0.00
Faculty Breakfast \$2.00



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



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Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				A. Domino's Pizza By the Slice B. Chicken Nuggets w/Goldfish Crackers C. Cheerio's Cereal Meal FEATURED VEGGIES Fruit of the Day Vegetable of the Day	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 ½ 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
4 Fall Break	5 Fall Break	6 Fall Break	7 Fall Break	8 Fall Break	
A. Grilled Cheese w/ Tomato Soup B. Chicken Nuggets w/Goldfish Crackers C. Bagel, Yogurt Meal FEATURED VEGGIES Fruit of the Day Vegetable of the Day	A. Nachos Grande w/Tortilla Chips B. Chicken Nuggets w/Goldfish Crackers C. Turkey & Cheese FEATURED VEGGIES Fruit of the Day Vegetable of the Day	A. Waffle Sticks w/Sausage Patty B. Chicken Nuggets w/Goldfish Crackers C. Bagel, Yogurt Meal FEATURED VEGGIES Fruit of the Day Vegetable of the Day	A. Popcorn Chicken w/Cheez-its B. Chicken Nuggets w/Goldfish Crackers C. Soft Pretzel Meal FEATURED VEGGIES Fruit of the Day Vegetable of the Day	A. Domino's Pizza By the Slice B. Chicken Nuggets w/Goldfish Crackers C. Apple Jack's Cereal FEATURED VEGGIES Fruit of the Day Vegetable of the Day	
A. Pierogies B. Chicken Nuggets w/Goldfish Crackers C. Bagel, Yogurt Meal FEATURED VEGGIES Fruit of the Day Vegetable of the Day	A. Pepperoni & Cheese on a Pretzel Bun B. Chicken Nuggets w/Goldfish Crackers C. Turkey & Cheese FEATURED VEGGIES Fruit of the Day Vegetable of the Day	A. Turkey Dinner w/Sides B. Chicken Nuggets w/Goldfish Crackers C. Bagel, Yogurt Meal FEATURED VEGGIES Fruit of the Day Vegetable of the Day	A. Bacon, Egg & Cheese on a Bagel B. Chicken Nuggets w/Goldfish Crackers C. Soft Pretzel Meal FEATURED VEGGIES Fruit of the Day Vegetable of the Day	A. Domino's Pizza By the Slice B. Chicken Nuggets w/Goldfish Crackers C. Kix Cereal Meal FEATURED VEGGIES Fruit of the Day Vegetable of the Day	Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
A. Pizza Dippers w/Marinara Sauce B. Chicken Nuggets w/Goldfish Crackers C. Bagel, Yogurt Meal FEATURED VEGGIES Fruit of the Day Vegetable of the Day	A. Mac & Beef B. Chicken Nuggets w/Goldfish Crackers C. Turkey & Cheese FEATURED VEGGIES Fruit of the Day Vegetable of the Day	A. BBQ Ribby on a Bun B. Chicken Nuggets w/Goldfish Crackers C. Bagel, Yogurt Meal FEATURED VEGGIES Fruit of the Day Vegetable of the Day	Thanksgiving Recess	Thanksgiving Recess	(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

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 Reduced Breakfast \$0.00
 Faculty Breakfast \$3.75



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