



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Offered Daily   |
|---|---|---|---|---|---|
| 2   | 3   | 4   | 5   | 6   | <p><b>What is a Meal?</b><br/>You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Choice of Fruit</b><br/>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b><br/>1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>(V) Vegetarian</b><br/><i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b><br/><i>These items do not contain any animal products</i></p> |
| 9<br>A. Cinnamini's<br>B. Apple Frudel<br><br>C. Assorted Cereals with Graham Crackers  | 10<br>A. Mini Maple Waffles<br>B. Mini Maple Pancakes<br><br>C. Assorted Cereals with Graham Crackers | 11<br>A. Bacon Egg & Cheese Sandwich<br>B. Strawberry Poptart<br><br>C. Assorted Cereals with Graham Crackers | 12<br>A. Cinnamini's<br>B. Apple Frudel<br><br>C. Assorted Cereals with Graham Crackers | 13<br>A. Mini Maple Waffles<br>B. Mini Maple Pancakes<br><br>C. Assorted Cereals with Graham Crackers |   |
| 16<br>A. Cinnamini's<br>B. Apple Frudel<br><br>C. Assorted Cereals with Graham Crackers | 17<br>A. Mini Maple Waffles<br>B. Mini Maple Pancakes<br><br>C. Assorted Cereals with Graham Crackers | 18<br>A. Bacon Egg & Cheese Sandwich<br>B. Cinnamon Poptart<br><br>C. Assorted Cereals with Graham Crackers   | 19<br>A. Cinnamini's<br>B. Apple Frudel<br><br>C. Assorted Cereals with Graham Crackers | 20<br>A. Mini Maple Waffles<br>B. Mini Maple Pancakes<br><br>C. Assorted Cereals with Graham Crackers |   |
| 23<br>A. Cinnamini's<br>B. Apple Frudel<br><br>C. Assorted Cereals with Graham Crackers | 24<br>A. Mini Maple Waffles<br>B. Mini Maple Pancakes<br><br>C. Assorted Cereals with Graham Crackers | 25<br>A. Bacon Egg & Cheese Sandwich<br>B. Strawberry Poptart<br><br>C. Assorted Cereals with Graham Crackers | 26<br>A. Cinnamini's<br>B. Apple Frudel<br><br>C. Assorted Cereals with Graham Crackers | 27<br>A. Mini Maple Waffles<br>B. Mini Maple Pancakes<br><br>C. Assorted Cereals with Graham Crackers |   |
| 30<br>A. Cinnamini's<br>B. Apple Frudel<br><br>C. Assorted Cereals with Graham Crackers |   |   |   |   |   |

**Annamarie Kaelin, Food Service Director**  
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| Meal Prices       |        |
|-------------------|--------|
| Student Breakfast | \$1.25 |
| Reduced Breakfast | \$0.00 |
| Faculty Breakfast | \$1.75 |



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| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Offered Daily  |  |
|--|--|--|---|---|--|--|
| 2  | 3  | 4  | 5   | 6   | <p><b>What is a Meal?</b><br/>You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b><br/>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b><br/>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b><br/>1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>Daily Alternates</b><br/>Fresh Entree Salad of the Week<br/>Craveables<br/>Weekly Cold Cut Sandwiches or Wraps<br/>Uncrutable Meal</p> <p><b>(V) Vegetarian</b><br/><i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b><br/><i>These items do not contain any animal products</i></p> |  |
| 9<br>A. Chicken Nuggets with Roll<br>B. Chicken Caesar Salad<br>C. Tuna Sandwich<br><b>FEATURED VEGGIES</b><br>Tater Tots                        | 10<br>A. Soft Tacos<br>B. Chicken Caesar Salad<br>C. Tuna Sandwich<br><b>FEATURED VEGGIES</b><br>Refried Beans<br>Lettuce & Tomato                 | 11<br>A. Cowboy Burger on a Bun<br>B. Chicken Caesar Salad<br>C. Tuna Sandwich<br><b>FEATURED VEGGIES</b><br>Glazed Carrots<br>Broccoli Salad                | 12<br>A. Corn Dog<br>B. Chicken Caesar Salad<br>C. Tuna Sandwich<br><b>FEATURED VEGGIES</b><br>Curly Fries  | 13<br>A. Cheesy Pizza<br>B. Chicken Caesar Salad<br>C. Tuna Sandwich<br><b>FEATURED VEGGIES</b><br>Steamed Broccoli           |  |  |
| 16<br>A. Classic Sloppy Joe on Hawaiian Roll<br>B. Chef Salad<br>C. Turkey & Cheese<br><b>FEATURED VEGGIES</b><br>Oven Fries<br>Chickpea Salad   | 17<br>A. Chicken Patty on a Bun<br>B. Chef Salad<br>C. Turkey & Cheese<br><b>FEATURED VEGGIES</b><br>Mexicali Corn                                 | 18<br>A. Hot Dog on a Bun<br>B. Chef Salad<br>C. Turkey & Cheese<br><b>FEATURED VEGGIES</b><br>Baked Beans   | 19<br>A. Chicken Alfredo<br>Penne with Garlic Bread<br>B. Chef Salad<br>C. Turkey & Cheese<br><b>FEATURED VEGGIES</b><br>Steamed Broccoli<br>Celery Sticks with Ranch | 20<br>A. Cheesy Pizza<br>B. Chef Salad<br>C. Turkey & Cheese<br><b>FEATURED VEGGIES</b><br>Cherry Tomatoes<br>Cucumber Slices |  |  |
| 23<br>A. Cheeseburger on a Bun<br>B. Garden Salad w/ Egg<br>C. Italian Wrap<br><b>FEATURED VEGGIES</b><br>Steamed Broccoli<br>Cucumber Slices    | 24<br>A. Taco Meat over Nacho Chips<br>B. Garden Salad w/ Egg<br>C. Italian Wrap<br><b>FEATURED VEGGIES</b><br>Latin Inspired Beans<br>Golden Corn | 25<br>A. French Toast Sticks with Sausage Links<br>B. Garden Salad w/ Egg<br>C. Italian Wrap<br><b>FEATURED VEGGIES</b><br>Tri Patty Taters<br>Carrot Sticks | 26<br>A. Cheesesteak Sub<br>B. Garden Salad w/ Egg<br>C. Italian Wrap<br><b>FEATURED VEGGIES</b><br>Sweet Potato Fries  | 27<br>A. Cheesy Pizza<br>B. Garden Salad w/ Egg<br>C. Italian Wrap<br><b>FEATURED VEGGIES</b><br>Steamed Green Beans          |  |  |
| 30<br>A. Chicken & Mashed Potato Bowl<br>B. Fajita Salad<br>C. Ham & Cheese Hoagie<br><b>FEATURED VEGGIES</b><br>Mashed Potatoes<br>Baby Carrots |  |  |   |   |  |  |
| <b>Annamarie Kaelin, Food Service Director</b><br>856-767-0129 ext. 157<br><a href="mailto:ma1505@metzcorp.com">ma1505@metzcorp.com</a>          |  |  | <b>Meal Prices</b><br>Student Lunch \$3.20<br>Faculty Lunch \$4.50  |   |  |  |
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