## January 2025

|   |   |  |  |  | MR. OANS<br>MR. OANS<br>E.C.<br>Meet Your Nutritious Friend:<br>Mr. Oatis   |
|---|---|--|--|--|---|
| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Offered Daily   |
| Buttralions of com  |   | 2325   | 2<br>Blueberry Muffin<br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers | 3<br>Pop Tart<br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers | What is a Meal?<br>Students must choose at least 3 of<br>the 4 components available for the<br>school breakfast price.<br>- Choice of Whole Grain<br>- Choice of Protein<br>- Choice of Fruit<br>- Choice of Milk |
| 6<br>Mini Cinni Rolls<br>Assorted Cereals<br>or Cereal Bar                    | 7<br>Mini Pancakes<br>Assorted Cereals<br>or Cereal Bar   | 8<br>Chocolate Chip<br>Muffin<br>Assorted Cereals<br>or Cereal Bar | 9<br>Mini Waffles<br>Assorted Cereals<br>or Cereal Bar                             | 10<br>Pop Tart<br>Assorted Cereals<br>or Cereal Bar                        | A minimum ½ cup serving of fruit or<br>vegetable must accompany a<br>reimbursable breakfast.<br>Whole Grain Cereals<br>Cinnamon Toast Crunch, Trix,<br>Cocoa Puffs, Fruit Loops                                   |
| with Graham Crackers  | with Graham Crackers                                      | with Graham Crackers   | with Graham Crackers   | with Graham Crackers   | Choice of Fruit   |
| <sup>13</sup><br>Mini Cinni Rolls   | <sup>14</sup><br>Mini Pancakes                            | <sup>15</sup><br>Chocolate Chip<br>Muffin                          | <sup>16</sup><br>Mini Waffles  | 17<br>Pop Tart   | Seasonal fresh fruits,<br>canned fruit in light syrup, 100%<br>fruit juice<br>Choice of Milk  |
| Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers                     | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers          | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers                          | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers                  | 1% white, chocolate,, and strawberry  |
| 20<br>T-Have a Dream  | 21<br>Mini Pancakes                                       | 22<br>Chocolate Chip<br>Muffin                                     | 23<br>Mini Waffles   | 24<br>Pop Tart   |   |
|   | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers          | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers                          | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers                  |   |
| 27<br>Mini Cinni Rolls  | <sup>28</sup><br>Mini Pancakes                            | 29<br>Chocolate Chip<br>Muffin                                     | 30<br>Mini Waffles   | 31<br>Pop Tart   |   |
| Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers                     | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers          | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers                          | Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers                  |   |
| Your Team<br>Richele Boyce, Food Se<br>856.589.0718 ext. 1225<br>PIT@NSFM.com | ervice Director   |  | Meal Prices<br>Student Breakfast<br>Reduced Breakfast                              | \$3.20<br>\$0.00   | NUTRI-SERVE<br>FOOD MANAGEMENT, INC. by Metz  |

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