



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 <b>Happy New Year</b>	2 Oatmeal Chocolate Chip Breakfast Bar  Fruit 1% White Milk	3 Cinnamon Chex  Fruit 1% White Milk	<b>What is a Meal?</b> Pre-K students are served the three following components for school breakfast. - Whole Grain - Fresh Fruit or Cupped - 1% White Milk  <b>Whole Grain Cereals</b> Cinnamon Toast Crunch, Apple Cinnamon Cheerios, Cinnamon Chex, Kix
6 Cinnamon Toast Crunch  Fruit 1% White Milk	7 Yogurt & Graham Crackers  Fruit 1% White Milk	8 Apple Cinnamon Cheerios  Fruit 1% White Milk	9 Warm Muffin  Fruit 1% White Milk	10 Kix Cereal  Fruit 1% White Milk	
13 Cinnamon Toast Crunch  Fruit 1% White Milk	14 Yogurt & Graham Crackers  Fruit 1% White Milk	15 Apple Cinnamon Cheerios  Fruit 1% White Milk	16 Warm Muffin  Fruit 1% White Milk	17 Kix Cereal  Fruit 1% White Milk	
20 <b>No School</b>	21 Yogurt & Graham Crackers  Fruit 1% White Milk	22 Apple Cinnamon Cheerios  Fruit 1% White Milk	23 Warm Muffin  Fruit 1% White Milk	24 Kix Cereal  Fruit 1% White Milk	
27 Cinnamon Toast Crunch  Fruit 1% White Milk	28 Yogurt & Graham Crackers  Fruit 1% White Milk	29 Apple Cinnamon Cheerios  Fruit 1% White Milk	30 Warm Muffin  Fruit 1% White Milk	31 Kix Cereal  Fruit 1% White Milk	

**Rachel Adams, Food Service Director**  
609-476-2412 ext. 5  
wey@nsfm.com

**Meal Prices**  
Student Breakfast \$1.75  
Reduced Breakfast \$0.00  
Faculty Breakfast \$2.25



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