



Meet Your Nutritious Friend:  
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1  Apple Bites  Assorted Cereal Bar with Graham Crackers	2  Cheese Omlette w/a Bagel  Assorted Cereal Bar with Graham Crackers	<b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.  - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Cocoa Puffs, Froot Loops, Frosted Flakes  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white  <b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>  <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
5  Assorted Cereals or Cereal Bar with Graham Crackers	6  Yogurt w/Granola  Assorted Cereal Bar with Graham Crackers	7  Mini Pancakes  Assorted Cereal Bar with Graham Crackers	8  Breakfast Pizza  Assorted Cereal Bar with Graham Crackers	9  Mini Cini Rolls  Assorted Cereal Bar with Graham Crackers	
12  Assorted Cereals or Cereal Bar with Graham Crackers	13  Chocolate Chip Muffin  Blueberry Muffin  Assorted Cereal Bar with Graham Crackers	14  Mini Waffles  Assorted Cereal Bar with Graham Crackers	15  Apple Bites  Assorted Cereal Bar with Graham Crackers	16  Cheese Omlette w/a Bagel  Assorted Cereal Bar with Graham Crackers	
19  Assorted Cereals or Cereal Bar with Graham Crackers	20  Apple Frudel  Cherry Frudel  Assorted Cereal Bar with Graham Crackers	21  Mini Pancakes  Assorted Cereal Bar with Graham Crackers	22  Breakfast Pizza  Assorted Cereal Bar with Graham Crackers	23  Early Dismissal Staff In Service  Assorted Cereals or Cereal Bar with Graham Crackers	
26  No School  Memorial Day	27  Chocolate Chip Muffin  Blueberry Muffin  Assorted Cereal Bar with Graham Crackers	28  Mini Waffles  Assorted Cereal Bar with Graham Crackers	29  Apple Bites  Assorted Cereal Bar with Graham Crackers	30  Mini Cini Rolls  Assorted Cereal Bar with Graham Crackers	
<b>Your Team</b> Jeannie Horner 609 267-9172x123 lunch@etsdnj.us			<b>Meal Prices</b> Student Breakfast \$1.75 Reduced Breakfast \$0.00		

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



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Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Chicken Strips w/Waffle Sticks  <b>FEATURED VEGGIES</b> Peas Pepper Slices	2 Cheesy Pizza  <b>FEATURED VEGGIES</b> Green Beans Carrot Sticks	<b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price. <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> A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice <b>Choice of Milk</b> 1% white  <b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
5 French Toast w/Sausage  <b>FEATURED VEGGIES</b> TaterTots Cucumber Slices	6 Hot Dog w/ Mac Cheese  <b>FEATURED VEGGIES</b> Sweet Corn Celery Sticks	7 Mozzarella Sticks w/Pasta  <b>FEATURED VEGGIES</b> Carrot Coins Broccoli Bites	8 Chicken Nuggets w/a Corn Muffin  <b>FEATURED VEGGIES</b> Peas Pepper Slices	9 Cheesy Pizza  <b>FEATURED VEGGIES</b> Green Beans Carrot Sticks	
12 French Toast w/Sausage  <b>FEATURED VEGGIES</b> TaterTots Cucumber Slices	13 Hot Dog w/ Mac Cheese  <b>FEATURED VEGGIES</b> Sweet Corn Celery Sticks	14 Mozzarella Sticks w/Pasta  <b>FEATURED VEGGIES</b> Carrot Coins Broccoli Bites	15 Chicken Fries w/a Biscuit  <b>FEATURED VEGGIES</b> Peas Pepper Slices	16 Cheesy Pizza  <b>FEATURED VEGGIES</b> Green Beans Carrot Sticks	
19 French Toast w/Sausage  <b>FEATURED VEGGIES</b> TaterTots Cucumber Slices	20 Hot Dog w/ Mac Cheese  <b>FEATURED VEGGIES</b> Sweet Corn Celery Sticks	21 Mozzarella Sticks w/Pasta  <b>FEATURED VEGGIES</b> Carrot Coins Broccoli Bites	22 Popcorn Chicken w/Rice  <b>FEATURED VEGGIES</b> Peas Pepper Slices	23 Early Dismissal Staff In Service	
26 No School Memorial Day	27 Hot Dog w/ Mac Cheese  <b>FEATURED VEGGIES</b> Sweet Corn Celery Sticks	28 Mozzarella Sticks w/Pasta  <b>FEATURED VEGGIES</b> Carrot Coins Broccoli Bites	29 Pasta w/Meatballs  <b>FEATURED VEGGIES</b> Peas Pepper Slices	30 Cheesy Pizza  <b>FEATURED VEGGIES</b> Green Beans Carrot Sticks	
<b>Your Team</b> Jeannie Horner 609 267-9172x123 lunch@etsdnj.us			<b>Meal Prices</b> Student Lunch \$3.25 Reduced Lunch \$0.00		

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