



**Meet Your Nutritious Friend:  
Cheerleading Cherries**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cinnamon Toast Crunch w/Graham Crackers	3 WG Powdered Donut	4 Trix Cereal w/Graham Crackers	5 Maple Mini Pancakes	6 Cocoa Puff Cereal w/Graham Crackers
9 Cheerio's Cereal Bar	10 Chocolate Chip Muffin	11 Lucky Charms Cereal	12 Mini Cinni	13 Cinnamon Pop tart
16 Closed	17 WG Chocolate Donut	18 Trix Cereal w/Graham Crackers	19 Blueberry Pancakes	20 Cocoa Puff Cereal w/Graham Crackers
23 Cheerio's Cereal Bar	24 Apple Bites	25 Lucky Charms Cereal	26 Mini Strawberry Neufchatel Cheese filled Bagel	27 Strawberry Pop tart

**What is a Meal?**  
Students 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 or Vegetable
  - Choice of Milk
- A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

**Whole Grain Cereals  
(served with graham crackers)**  
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Cheerios

**Choice of Fruit**  
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

**Choice of Milk**  
1% white, fat-free chocolate, fat-free strawberry, Lactaid with a Doctor's note

**(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*

**Your Team**  
Christine Storey, Food Service Director  
856 767 8293 ext. 5026  
[wat@nsfm.com](mailto:wat@nsfm.com)

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

