



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Donut Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	3 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	4 WG Blueberry Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	5 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	6 Mini Cini Rolls  Assorted Cereals or Cereal Bar with Graham Crackers
9 Donut Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	10 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	11 WG Blueberry Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	12 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	13 Mini Cini Rolls  Assorted Cereals or Cereal Bar with Graham Crackers
16 Donut Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	17 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	18 WG Blueberry Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	19 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	20 Mini Cini Rolls  Assorted Cereals or Cereal Bar with Graham Crackers
23 Donut Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	24 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	25 WG Blueberry Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	26 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	27 Mini Cini Rolls  Assorted Cereals or Cereal Bar with Graham Crackers
30 Donut Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	31 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers			

### 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, Froot Loops, 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

### (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

**Jackie Labidi, Food Service Director**  
856.589.0718 ext. 1225  
[Pit@nsmf.com](mailto:Pit@nsmf.com)

### Meal Prices

Student Breakfast \$2.00

