



**Meet Your Nutritious Friend:
Radical Radish**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3 Assorted Cereals with Graham Crackers Fresh Fruit 100% Fruit Juice	4 Mini Maple Waffles Apple Slices 100% Fruit Juice	5 Egg, Turkey Sausage & Cheese Maple Flatbread Diced Pears 100% Fruit Juice	6 Chocolate Chip French Toast Applesauce Cup 100% Fruit Juice	7 Apple Strudel Fresh Fruit 100% Fruit Juice	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals Cinnamon Toast Crunch (GF), Trix, Cocoa Puffs, Honey Cheerios (GF), Rice Chex, Kix (GF), Cheerios (GF),</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% White, Lactaid, FF Chocolate, and FF Strawberry</p>
10 Assorted Cereals with Graham Crackers Fresh Fruit 100% Fruit Juice	11 Cinnamon Mini Bagels Mixed Fruit Cup 100% Fruit Juice	12 Apple Bites Diced Peaches 100% Fruit Juice	13 Mini Cinni Rolls Strawberry Cup 100% Fruit Juice	14 Assorted Cereal Bar Fresh Fruit 100% Fruit Juice	
17 Assorted Cereals with Graham Crackers Fresh Fruit 100% Fruit Juice	18 Mini Maple Waffles Apple Slices 100% Fruit Juice	19 Egg, Turkey Sausage & Cheese Maple Flatbread Diced Pears 100% Fruit Juice	20 Chocolate Chip French Toast Applesauce Cup 100% Fruit Juice	21 Apple Strudel Fresh Fruit 100% Fruit Juice	
24 Assorted Cereals with Graham Crackers Fresh Fruit 100% Fruit Juice	25 Cinnamon Mini Bagels Mixed Fruit Cup 100% Fruit Juice	26 Apple Bites Diced Peaches 100% Fruit Juice	27 Mini Cinni Rolls Strawberry Cup 100% Fruit Juice	28 Assorted Cereal Bar Fresh Fruit 100% Juice	
31 NO SCHOOL					

Your Team
Cristine McAllister, Food Service Director
609-383-6900 ext. 4039
cristine.mcallister@metzcorp.com

Meal Prices
Student Breakfast
Faculty Breakfast
Free
\$5.00

