



Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Mini Blueberry Donut Holes Sides: 100% Fruit Juice/Fruit Milk	2 Cinnamon Pop Tart with Graham Crackers Sides: 100% Fruit Juice/Fruit Milk	What is a Meal? 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. Whole Grain Cereals <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Cocoa Puffs, Cheerios, Lucky Charms Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, chocolate
5 Mini Cinni Sides: 100% Fruit Juice/Fruit Milk	6 Breakfast Craveable (Apples, Cheese, & Grahams) Sides: 100% Fruit Juice/Fruit Milk	7 Blueberry Muffin Sides: 100% Fruit Juice/Fruit Milks	8 Mini Powdered Donut Holes Sides: 100% Fruit Juice/Fruit Milk	9 Strawberry Pop Tart with Graham Crackers Sides: 100% Fruit Juice/Fruit Milk	
12 Apple Bites Sides: 100% Fruit Juice/Fruit Milk	13 Yogurt & Graham Crackers Sides: 100% Fruit Juice/Fruit Milk	14 Chocolate Chip Muffin Sides: 100% Fruit Juice/Fruit Milk	15 Mini Blueberry Donut Holes Sides: 100% Fruit Juice/Fruit Milk	16 Cinnamon Pop Tart with Graham Crackers Sides: 100% Fruit Juice/Fruit Milk	
19 Mini Cinni Sides: 100% Fruit Juice/Fruit Milk	20 Breakfast Craveable (Apples, Cheese, & Grahams) Sides: 100% Fruit Juice/Fruit Milk	21 Blueberry Muffin Sides: 100% Fruit Juice/Fruit Milk	22 Mini Powdered Donut Holes Sides: 100% Fruit Juice/Fruit Milk	23 Strawberry Pop Tart with Graham Crackers Sides: 100% Fruit Juice/Fruit Milk	
26 No School Memorial Day	27 Yogurt & Graham Crackers Sides: 100% Fruit Juice/Fruit Milk	28 Chocolate Chip Muffin Sides: 100% Fruit Juice/Fruit Milk	29 Mini Blueberry Donut Holes Sides: 100% Fruit Juice/Fruit Milk	30 Cinnamon Pop Tart with Graham Crackers Sides: 100% Fruit Juice/Fruit Milk	(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
Your Team Lisa O'Brien, Food Service Director 856-769-0855 ext. 2151 ma1589@metzcorp.com			Meal Prices Student Breakfast \$1.50 Reduced Breakfast \$0.00 Faculty Breakfast \$2.00		