


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
					<p>What is a Meal?</p> <p>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>Fabios Pizza ¹</p> <p>WG Cheese Quesadilla (V)</p> <p>FEATURED VEGGIES Roasted BBQ Cauliflower WG Pretzel Sticks</p>
<p>⁴</p> <p>Bruschetta Sandwich with Chicken or Mozzarella Cheese (V) on Toasted WG Roll</p> <p>FEATURED VEGGIES Tossed Salad</p>	<p>⁵</p> <p>Choice of (A) Buffalo Chicken or (B) Seasoned Steak w/peppers & onions over French Fries</p> <p>FEATURED VEGGIES Crinkle Cut Oven Fries WG Garlic Knot</p>	<p>⁶</p> <p>(A) Chicken or (B) Beef Philly Cheesesteak on Toasted WG Roll</p> <p>FEATURED VEGGIES Sweet Potato Fries Chickpea Salad</p>	<p>⁷</p> <p>Chicken Nuggets WG Roll</p> <p>WG Black Bean Burger (V)</p> <p>FEATURED VEGGIES BBQ Baked Beans</p>	<p>⁸</p> <p>Fabios Pizza</p> <p>WG Pizza Dippers with Marinara (V)</p> <p>FEATURED VEGGIES Steamed Green Beans Tomato Mozzarella Salad</p>	<p>Whole Grain Cereals Rice Crunch, Kix, Cheerios, Rice Chex Multi Grain Cheerios, Frosted Mini Wheat</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in water, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, and chocolate</p>
<p>¹¹</p> <p>Chicken Teriyaki over Whole Grain Rice</p> <p>Steamed Vegetables over White Rice (V)</p> <p>FEATURED VEGGIES Steamed Broccoli WG Pretzel Sticks</p>	<p>¹²</p> <p>Popcorn Chicken Mashed Potato Bowl with WG Biscuit</p> <p>Cheese Hoagie WG Roll</p> <p>FEATURED VEGGIES Curly Fries</p>	<p>¹³</p> <p>Cheeseburger Tater Tot Bowl w/ WG Garlic Knot</p> <p>Customizable for (V)</p> <p>FEATURED VEGGIES Tater Tots Baby Carrots</p>	<p>¹⁴</p> <p>WG Grilled Ham & Cheese</p> <p>WG Classic Toasted Cheese Sandwich (V)</p> <p>FEATURED VEGGIES Soup Celery Sticks</p>	<p>¹⁵</p> <p>Big Daddy's Pizza</p> <p>WG Pizza Crunchers w/ Marinara Sauce</p> <p>FEATURED VEGGIES Steamed Corn WG Pretzel</p>	
<p>¹⁸</p> <p>Pulled Pork on WG Hawaiian Rolls</p> <p>WG Pizza Crunchers w/ Marinara Sauce (V)</p> <p>FEATURED VEGGIES Green Beans</p>	<p>¹⁹</p> <p>Baked Chicken</p> <p>Chicken Nuggets</p> <p>FEATURED VEGGIES w/ WG Biscuit Butter Noodles Strawberry Spinach Salad</p>	<p>²⁰</p> <p>WG Cowboy Burger</p> <p>WG Black Bean Burger (V)</p> <p>FEATURED VEGGIES Curly Fries</p>	<p>²¹</p> <p>WG Hot Turkey Ham & Cheese Pretzel Melt</p> <p>FEATURED VEGGIES Oven Fries</p>	<p>²²</p> <p>Fabios Pizza</p> <p>Loaded Pierogies Customizable for (V)</p> <p>FEATURED VEGGIES Roasted Sweet Potato</p>	
<p>²⁵</p> <p>Pasta w/ Meatballs</p> <p>Customizable for (V)</p> <p>FEATURED VEGGIES Tater Tots Baby Carrots</p>	<p>²⁶</p> <p>Thanksgiving Lunch</p> <p>FEATURED VEGGIES Strawberry Spinach Salad</p>	<p>²⁷</p> <p>Fabios Pizza</p> <p>Chicken Nuggets w/WG Garlic Knot</p> <p>FEATURED VEGGIES BBQ Baked Beans Steamed Mixed Veggies</p>	<p>²⁸</p> <p>Happy Thanksgiving</p> <p>School Closed</p>	<p>²⁹</p> <p>Happy Thanksgiving</p> <p>School Closed</p>	<p>(SF) Sugar Free (WG) Whole Grain (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
<p>Your Team</p> <p>Kathy O'Connor, Food Service Director 856-767-5757 ext. 218 ma1501@metzcorp.com</p>			<p>In accordance with federal civil rights law and U.S. Department of Agriculture(USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity</p>		

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

