



**Meet Your Nutritious Friend:
Radical Radish**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>3</p> <p>Chocolate Chip Muffin</p> <p>Fresh or Canned Fruit</p>	<p>4</p> <p>Lemon Bread</p> <p>Fresh or Canned Fruit</p>	<p>5</p> <p>Mini Blueberry Donut Holes</p> <p>Fresh or Canned Fruit</p>	<p>6</p> <p>Frosted Flakes</p> <p>Fresh or Canned Fruit</p>	<p>7</p> <p>Pop Tart w. Graham Cracker</p> <p>Fresh or Canned Fruit</p>	<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>Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Milk</p> <p>1% white, Chocolate or Strawberry Milk</p>
<p>10</p> <p>Apple Cinnamon Muffin</p> <p>Fresh or Canned Fruit</p>	<p>11</p> <p>Pillsbury Cini Mini</p> <p>Fresh or Canned Fruit</p>	<p>12</p> <p>Mini Powder Donut Holes</p> <p>Fresh or Canned Fruit</p>	<p>13</p> <p>Lucky Charms</p> <p>Fresh or Canned Fruit</p>	<p>14</p> <p>Pop Tart w. Graham Cracker</p> <p>Fresh or Canned Fruit</p>	
<p>17</p> <p>Chocolate Chip Muffin</p> <p>Fresh or Canned Fruit</p>	<p>18</p> <p>Lemon Bread</p> <p>Fresh or Canned Fruit</p>	<p>19</p> <p>Mini Blueberry Donut Holes</p> <p>Fresh or Canned Fruit</p>	<p>20</p> <p>Frosted Flakes</p> <p>Fresh or Canned Fruit</p>	<p>21</p> <p>Pop Tart w. Graham Cracker</p> <p>Fresh or Canned Fruit</p>	
<p>24</p> <p>Apple Cinnamon Muffin</p> <p>Fresh or Canned Fruit</p>	<p>25</p> <p>Pillsbury Cini Mini</p> <p>Fresh or Canned Fruit</p>	<p>26</p> <p>Mini Powder Donut Holes</p> <p>Fresh or Canned Fruit</p>	<p>27</p> <p>Lucky Charms</p> <p>Fresh or Canned Fruit</p>	<p>28</p> <p>Pop Tart w. Graham Cracker</p> <p>Fresh or Canned Fruit</p>	
<p>31</p> <p>Chocolate Chip Muffin</p> <p>Fresh or Canned Fruit</p>					
<p>Your Team</p> <p>Katie Mowry, Food Service Director 856.456.7000 ext. 4044 glc@metzcorp.com</p>			<p>Meal Prices</p> <p>Student Breakfast FREE Reduced Breakfast FREE Faculty Breakfast \$2.00</p>		