



**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><b>What is a Meal?</b></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"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Milk</b></p> <p>1% white</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><b>Your Team</b></p> <p><b>Katie Mowry, Food Service Director</b> 856.456.7000 ext. 4044 <a href="mailto:glc@metzcorp.com">glc@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <p>Student Breakfast      FREE Reduced Breakfast      FREE Faculty Breakfast      \$2.00</p>		