



Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Lemon Bread Fresh or Canned Fruit	2 Frosted Flakes Fresh or Canned Fruit	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. Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Milk 1% white, fat-free white, chocolate, vanilla, and strawberry 
5 Pop Tart w. Graham Cracker Fresh or Canned Fruit	6 Apple Cinnamon Muffin Fresh or Canned Fruit	7 Pillsbury Cini Mini Fresh or Canned Fruit	8 Banana Bread Fresh or Canned Fruit	9 Lucky Charms Fresh or Canned Fruit	
12 Pop Tart w. Graham Cracker Fresh or Canned Fruit	13 Chocolate Chip Muffin Fresh or Canned Fruit	14 Pillsbury Cini Mini Fresh or Canned Fruit	15 Lemon Bread Fresh or Canned Fruit	16 Frosted Flakes Fresh or Canned Fruit	
19 Pop Tart w. Graham Cracker Fresh or Canned Fruit	20 Apple Cinnamon Muffin Fresh or Canned Fruit	21 Pillsbury Cini Mini Fresh or Canned Fruit	22 Banana Bread Fresh or Canned Fruit	23 Lucky Charms Fresh or Canned Fruit	
26 	27 Chocolate Chip Muffin Fresh or Canned Fruit	28 Pillsbury Cini Mini Fresh or Canned Fruit	29 Lemon Bread Fresh or Canned Fruit	30 Frosted Flakes Fresh or Canned Fruit	
Your Team Katie Mowry, Food Service Director 856.456.7000 ext. 4044 GLC@metzcorp.com			Meal Prices Student Breakfast Reduced Breakfast Faculty Breakfast FREE FREE \$2.00		