







Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	2 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price. <ul style="list-style-type: none"> - 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 Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate,
5 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	6 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	7 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	8 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	9 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	
12 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	13 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	14 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	15 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	16 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	
19 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	20 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	21 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	22 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	23 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	
	27 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	28 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	29 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	30 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	
Mount Laurel School District Team Laura D'Aiuto, Food Service Director 856.234.1610 ext. 22014 ma00001551@metzcorp.com			Meal Prices Student Breakfast \$1.60 Reduced Breakfast \$0.00 Faculty Breakfast \$2.80		



Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Walking Tacos Turkey ham & Cheese Sand. Tuna Salad w/tomato FEATURED VEGGIES French Fries Variety of Cold Veggies	2 Personal Cheese Pizza BBQ Chicken Wrap Spinach Salad w/egg FEATURED VEGGIES Steamed Green Beans Variety of Cold Veggies	What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate, Daily Alternates Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches or Wraps
5 Turkey Hot Dog on a Bun Cheese Sandwich Spring Mix w/egg FEATURED VEGGIES Baked Beans Variety of Cold Veggies	6 Pasta w/meat sauce & roll Buffalo Chicken Wrap Caesar Salad w/beans FEATURED VEGGIES Steamed Peas Variety of Cold Veggies	7 Meatballs w/roll Asian Chicken Wrap Kale Salad FEATURED VEGGIES Steamed Mixed Vegetables Variety of Cold Veggies	8 Popcorn Chicken Bowl American Hoagie Chef Salad w/egg FEATURED VEGGIES Steamed Corn Variety of Cold Veggies	9 Personal Cheese Pizza Turkey & Cheese Sandwich Asian Chicken Salad FEATURED VEGGIES Steamed Carrots Variety of Cold Veggies	
12 Mini Turkey Corn Dogs Turkey ham & Cheese Sand. Spring Mix w/cheese FEATURED VEGGIES Steamed Green Beans Variety of Cold Veggies	13 Soft Shell Taco Italian Hoagie Sandwich Hummus & Veg w/pita FEATURED VEGGIES Steamed Corn Variety of Cold Veggies	14 Pancakes w/egg patty & syrup Chicken Caesar Wrap Taco Salad FEATURED VEGGIES Steamed Spinach Variety of Cold Veggies	15 Chicken Patty on a Bun Veggie Wrap Tuna Salad w/tomato FEATURED VEGGIES Steamed Broccoli Variety of Cold Veggies	16 Personal Cheese Pizza Turkey & Cheese Sandwich Chef Salad w/egg FEATURED VEGGIES Tater Tots Variety of Cold Veggies	
19 Dinosaur Nuggets w/roll Turkey Bacon Wrap Spring Mix w/egg FEATURED VEGGIES Scalloped Potatoes Variety of Cold Veggies	20 Chicken & Cheese Quesadilla Cheese Sandwich Chicken Caesar Salad FEATURED VEGGIES Steamed Green Beans Variety of Cold Veggies	21 Burger on a Bun American Hoagie Santa Fe Chicken Salad FEATURED VEGGIES French Fries Variety of Cold Veggies	22 Waffles w/turkey sausage patty & syrup Turkey & Cheese Sandwich Spinach Salad w/egg FEATURED VEGGIES Steamed Peas Variety of Cold Veggies	23 Personal Cheese Pizza Asian Chicken Wrap Spinach Salad w/egg FEATURED VEGGIES Steamed Corn Variety of Cold Veggies	
 MEMORIAL DAY REMEMBER & HONOR	27 Pizza Bagels Turkey ham & Cheese Sand. Caesar Salad w/beans FEATURED VEGGIES Steamed Carrots Variety of Cold Veggies	28 Sloppy Joe on a Bun Cheese Sandwich Hummus & Veg w/pita FEATURED VEGGIES French Fries Variety of Cold Veggies	29 Baked Chicken Turkey Bacon Wrap Tuna Salad w/tomato FEATURED VEGGIES Sweet Potatoes Variety of Cold Veggies	30 Personal Cheese Pizza Buffalo Chicken Wrap Spring Mix w/cheese FEATURED VEGGIES Steamed Corn Variety of Cold Veggies	
Mount Laurel School District Team Laura D'Aiuto, Food Service Director 856.234.1610 ext. 22014 ma1551@metzcorp.com			Meal Prices Student Lunch \$2.95 Reduced Lunch \$0.00 Faculty Lunch \$3.85		 NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz

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