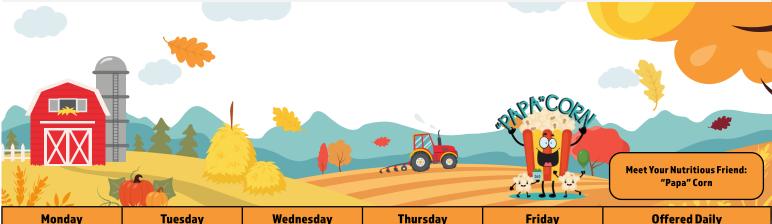
October 2024



E WELL	Meet Your Nutritious Friend: "Papa" Corn				
Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Hot Breakfast	2 Muffin or Pop Tart	Schools Closed	4 Muffin or Pop Tart	What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price.
	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers		Assorted Cereals or Cereal Bar with Graham Crackers	- Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk
7 Muffin or Pop Tart	8 Hot Breakfast	9 Muffin or Pop Tart	Hot Breakfast	11 Muffin or Pop Tart	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Cereals Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes
Teacher In Service 14 No	15 Hot Breakfast	16 Muffin or Pop Tart	Hot Breakfast	18 Muffin or Pop Tart	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
School	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Choice of Milk 1% white, chocolate
21 Muffin or Pop Tart	Hot Breakfast	23 Muffin or Pop Tart	24 Hot Breakfast	25 Muffin or Pop Tart	
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
28 Muffin or Pop Tart	Hot Breakfast	30 Muffin or Pop Tart	Hot Breakfast		
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers		
Laura D'Aiuto- Food Service Director 856-234-1610 ext. 22014 ma1551@metzcorp.com			Meal Prices Student Breakfast Reduced Breakfast Faculty Breakfast	\$1.60 \$0.00 \$2.60	NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz

October 2024



	Meet Your Nutritious Friend: "Papa" Corn				
Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	Pancakes w/egg patty	2 Mini Turkey Corn Dogs	3	4 Personal Cheese Pizza	What is a Meal?
	Turkey & Cheese Sandwich	Cheese Sandwich	SCHOOLS CLOSED	Chicken Caesar Wrap	You must choose at least 3 of the 5 components available for the
	Chef Salad w/egg	Caesar Salad w/bean		Garden Salad	school lunch price.
	FEATURED VEGGIES Steamed Green Beans Assorted Cold Veggies	FEATURED VEGGIES Steamed Mixed Veg Assorted Cold Veggies		FEATURED VEGGIES Steamed Peas Assorted Cold Veggies	- Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk
French Toast Sticks	Cowboy Burger	Pasta w/meat sauce & roll	10 Turkey Hot Dog On A Bun	11 Personal Cheese Pizza	A minimum ½ cup serving of fruit or vegetable must accompany a
Buffalo Chicken Wrap	American Hoagie Sandwich	Turkey ham & Cheese Sand	Cheese Sandwich	BBQ Chicken Wrap	reimbursable lunch.
Pasta Salad	Tuna Salad w/tomato	Spinach Salad w/egg	Asian Chicken Salad	Hummus & Veggie w/pita	Choice of Vegetable
FEATURED VEGGIES Steamed Spinach Assorted Cold Veggies	FEATURED VEGGIES Steamed Carrots Assorted Cold Veggies	FEATURED VEGGIES Steamed Broccoli Assorted Cold Veggies	FEATURED VEGGIES Baked Beans Assorted Cold Veggies	FEATURED VEGGIES Steamed Corn Assorted Cold Veggies	Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
TEACHER IN 14 SERVICE	Waffle w/turkey sausag	Pulled Pork Nachos	Chicken Patty On A Bu n7 Veggie Wrap	18 Personal Cheese Pizza	Choice of Fruit
NO	Turkey & Cheese Sandwich	Cheese Sandwich	Kale Salad	Italian Hoagie Sandwich	Seasonal fresh fruits, canned fruit in light syrup, 100%
SCHOOL	Buffalo Chicken Salad	Pasta Salad	riaio Gaida	Chef Salad w/egg	fruit juice
	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	Choice of Milk
	Steamed Mixed Veg Assorted Cold Veggies	French Fries Assorted Cold Veggies	Steamed Carrots Assorted Cold Veggies	Steamed Broccoli Assorted Cold Veggies	1% white, fat-free chocolate
Pancakes w/egg patty	Soft Tacos	Dinosaur Nuggets 23	Cheese Pierogis 24	25 Personal Cheese Pizza	Daily Alternates Fresh Entree Salad of the Day
Turkey ham & Cheese Sand	Cheese Sandwich	Buffalo Chicken Wrap	Turkey & Cheese Sandwich	American Hoagie	Daily Cold Cut Sandwiches or Wraps
Chicken Caesar Salad	Hummus & Veggie w/pita	Taco Salad	Asian Chicken Salad	Garden Salad	wraps
FEATURED VEGGIES Steamed Green Beans Assorted Cold Veggies	FEATURED VEGGIES Steamed Corn Assorted Cold Veggies	FEATURED VEGGIES Steamed Mixed Vegetables Assorted Cold Veggies	FEATURED VEGGIES Steamed Spinach Assorted Cold Veggies	FEATURED VEGGIES French Fries Assorted Cold Veggies	
28	29	30	31		
Meatballs w/roll	Cheese Ravioli w/roll	Baked Chicken w/mash potatoes	Chicken & Cheese Quesadilla		
BBQ Chicken Wrap	American Hoagie Sandwich	Cheese Sandwich	Veggie Wrap		
Kale Salad	Pasta Salad	Tuna Salad w/tomato	Santa Fe Chicken Salad		
FEATURED VEGGIES Steamed Squash Assorted Cold Veggies	FEATURED VEGGIES Steamed Carrots Assorted Cold Veggies	FEATURED VEGGIES Steamed Peas Assorted Cold Veggies	FEATURED VEGGIES Steamed Corn Assorted Cold Veggies		
Your Team			Meal Prices		
Laura D'Aiuto, Food S 856.234.1610 ext. 2201			Student Lunch Faculty Lunch	\$2.85 \$3.85	NUTRI-SERVE

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