



Meet Your Nutritious Friend:
Preppy Plantain

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	3 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	4 Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	<p>What is a Meal? You 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>Whole Grain Cereals Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free chocolate,</p>
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	10 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	11 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	17 Hot Breakfast Option Variety of Cold Options Assorted Cereals or Cereal Bar with Graham Crackers	<p>Happy Spring Break!</p>	
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
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Meal Prices

Student Breakfast	\$1.60
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.80



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



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	<p>1 Chicken Patty on a Bun Italian Hoagie Spring Mix w/cheese</p> <p>FEATURED VEGGIES Scalloped Potatoes Variety of Cold Veggies</p>	<p>2 Fish Sticks w/roll Turkey & Cheese Sandwich Chef Salad w/egg</p> <p>FEATURED VEGGIES Steamed Mixed Vegetables Variety of Cold Veggies</p>	<p>3 Walking Taco Cheese Sandwich Hummus & Veg. w/pita</p> <p>FEATURED VEGGIES Steamed Corn Variety of Cold Veggies</p>	<p>4 Personal Cheese Pizza Turkey ham & Cheese Sand. Taco Salad</p> <p>FEATURED VEGGIES Tater Tots Variety of Cold Veggies</p>	<p>What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free chocolate</p> <p>Daily Alternates Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches or Wraps</p>
<p>7 Turkey Hot Dog on a Bun Buffalo Chicken Wrap Santa Fe Chicken Salad</p> <p>FEATURED VEGGIES Baked Beans Variety of Cold Veggies</p>	<p>8 Sloppy Joe on a Bun Grilled Veggie Wrap Caesar Salad w/beans</p> <p>FEATURED VEGGIES French Fries Variety of Cold Veggies</p>	<p>9 Dinosaur Nuggets w/roll American Hoagie Sandwich Spring Mix w/egg</p> <p>FEATURED VEGGIES Steamed Corn Variety of Cold Veggies</p>	<p>10 Pancakes w/egg patty & syrup BBQ Chicken Wrap Asian Chicken Salad</p> <p>FEATURED VEGGIES Steamed Green Beans Variety of Cold Veggies</p>	<p>11 Personal Cheese Pizza Asian Chicken Wrap Kale Salad</p> <p>FEATURED VEGGIES Steamed Carrots Variety of Cold Veggies</p>	
<p>14 Popcorn Chicken Bowl Turkey & Cheese Sandwich Spring Mix w/egg</p> <p>FEATURED VEGGIES Steamed Corn Variety of Cold Veggies</p>	<p>15 Burger on a Bun Buffalo Chicken Wrap Tuna Salad w/tomato</p> <p>FEATURED VEGGIES Steamed Broccoli Variety of Cold Veggies</p>	<p>16 Baked Chicken w/buttered noodles Cheese Sandwich Chef Salad w/egg</p> <p>FEATURED VEGGIES Steamed Peas Variety of Cold Veggies</p>	<p>17 Waffles w/turkey sausage patty & syrup Turkey ham & Ch. Sandwich Chicken Caesar Salad</p> <p>FEATURED VEGGIES Steamed Mixed Vegetables Variety of Cold Veggies</p>	<p>18 </p>	



<p>28 French Toast Sticks w/turkey sausage patty & syrup Turkey & Cheese Sandwich NO SALAD</p> <p>FEATURED VEGGIES Steamed Carrots Variety of Cold Veggies</p>	<p>29 Chicken & Cheese Quesadilla Italian Hoagie Sandwich NO SALAD</p> <p>FEATURED VEGGIES Steamed Black Beans/Corn Variety of Cold Veggies</p>	<p>30 Meatballs w/roll Cheese Sandwich Chef Salad w/egg</p> <p>FEATURED VEGGIES Steamed Broccoli Variety of Cold Veggies</p>		
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<p>Mount Laurel School District Team Laura D'Aiuto, Food Service Director 856.234.1610 ext. 22014 ma1551@metzcorp.com</p>	<p>Meal Prices</p> <table> <tr> <td>Student Lunch</td> <td>\$2.85</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$3.85</td> </tr> </table>	Student Lunch	\$2.85	Reduced Lunch	\$0.00	Faculty Lunch	\$3.85	
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