



Meet Your Nutritious Friend:  
Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg, Sausage & Cheese Maple Flatbread  Assorted Cereals or Cereal Bar with Graham Crackers	2 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	3 Mini Bagels with Cinnamon Cream Cheese  Assorted Cereals or Cereal Bar with Graham Crackers
6  Mini Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	7  Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	8  Egg & Cheese Omelet  Assorted Cereals or Cereal Bar with Graham Crackers	9  French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	10  Yogurt with a Cheese Stick  Assorted Cereals or Cereal Bar with Graham Crackers
	14  No School	15 Egg, Turkey Bacon & Cheese on a Bagel  Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	17 Mini Bagels with Strawberry Cream Cheese  Assorted Cereals or Cereal Bar with Graham Crackers
	21  Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	22 Egg & Cheese Omelet  Assorted Cereals or Cereal Bar with Graham Crackers	23 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	24 Yogurt with a Cheese Stick  Assorted Cereals or Cereal Bar with Graham Crackers
27  Mini Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	28  Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg, Sausage & Cheese Maple Flatbread  Assorted Cereals or Cereal Bar with Graham Crackers	30 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	31 Mini Bagels with Cinnamon Cream Cheese  Assorted Cereals or Cereal Bar with Graham Crackers

## What is a Meal?

Students 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 or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

## Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch (GF), Trix, Cocoa Puffs, Lucky Charms, Cheerios (GF), Kix (GF)

## Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

## Choice of Milk

1% White, FF Chocolate, FF Strawberry, Lactaid

## Café Contact:

**Cristine McAllister, Food Service Director**  
609-383-6900 ext. 4039  
ma1594@metzcorp.com

## Meal Prices

Student Breakfast      Free  
Faculty Breakfast      \$5.00

