




Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 Happy New Year!!  No School	2 Crunch Mania  Assorted Cereal or Cereal Bar w/ Graham Crackers	3 Yogurt w/ a Cheese Stick  Assorted Cereals or Cereal Bar with Graham Crackers	<p><b>What is a Meal?</b>                      Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with toast)</b>                      Cinnamon Toast Crunch, Cocoa Puffs, Fruity Cheerios, Rice Chex, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p><b>Choice of Fruit</b>                      Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b>                      1% White, Lactaid, FF Chocolate, and FF Strawberry</p> <p><b>(V) Vegetarian</b>                      These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p><b>(VG) Vegan</b>                      These items do not contain any animal products</p>
6 Strawberry Pop Tart w/ Cheese Stick  Assorted Cereal or Cereal Bar w/ Graham Crackers	7 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	8 Turkey Bacon Egg & Cheese Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks w/ Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	10 Yogurt w/ Cheese Stick  Assorted Cereals or Cereal Bar with Graham Crackers	
13 Mini Ciini Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	14 Mini Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	15 Turkey Sausage, Egg & Cheese Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	17 Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	
	21 Blueberry Crumb Coffee Cake  Assorted Cereals or Cereal Bar with Graham Crackers	22 Turkey Bacon, Egg & Cheese Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	23 Crunch Mania  Assorted Cereals or Cereal Bar with Graham Crackers	24 Bagel w/ Cream Cheese  Assorted Cereals or Cereal Bar with Graham Crackers	
27 Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	28 Berry French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	29 Turkey Sausage, Egg & Cheese Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	30 French Toast Sticks With Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	31 Yogurt w/ Cheese Stick  Assorted Cereals or Cereal Bar with Graham Crackers	
<p><b>Café Contact Info:</b>                      Cristine McAllister, Food Service Director                      609-383-6900 ext. 4039  <a href="mailto:cristine.mcallister@metzcorp.com">cristine.mcallister@metzcorp.com</a></p>			<p><b>Meal Prices</b>                      Student Breakfast                      Faculty Breakfast                      Free                      \$5.00</p>		

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
					<p><b>What is a Meal?</b></p> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p>						
		<p>1</p> <p>Happy New Year!!</p> <p>No School</p>	<p>2</p> <p>Chicken Nuggets w/ a Roll</p> <p><b>FEATURED VEGGIES</b> Tator Tots Carrots</p>	<p>3</p> <p>French Bread Pizza</p> <p><b>FEATURED VEGGIES</b> Green Beans Cucumber Slices</p>							
<p>6</p> <p>Hot Dog on a Roll</p> <p><b>FEATURED VEGGIES</b> Peas French Fries</p>	<p>7</p> <p>Tacos</p> <p><b>FEATURED VEGGIES</b> Corn Salsa</p>	<p>8</p> <p>Chicken Parmesan Sandwich</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Grape Tomatoes</p>	<p>9</p> <p>Chicken Wings</p> <p><b>FEATURED VEGGIES</b> Celery Sticks w/ Dip Red Pepper strips</p>	<p>10</p> <p>Pizza</p> <p><b>FEATURED VEGGIES</b> Fresh Garden Salad Veggie of the Day</p>	<p><b>Choice of Vegetable</b></p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% White, Lactaid, FF Chocolate, and FF Strawberry</p>						
<p>13</p> <p>Cheeseburger on a Bun</p> <p><b>FEATURED VEGGIES</b> Tator Tots Baby Carrots w/ Hummus</p>	<p>14</p> <p>Tacos</p> <p><b>FEATURED VEGGIES</b> Rice , Beans Corn</p>	<p>15</p> <p>Buffalo Chicken Dip</p> <p><b>FEATURED VEGGIES</b> Caesar Salad Grape Tomatoes</p>	<p>16</p> <p>Chicken Wings</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Red Pepper Strips</p>	<p>17</p> <p>Pizza</p> <p><b>FEATURED VEGGIES</b> Fresh Garden Salad Veggie of the Day</p>	<p><b>Daily Alternates</b></p> <p>Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p>						
	<p>21</p> <p>Tacos</p> <p><b>FEATURED VEGGIES</b> Rice , Beans Corn</p>	<p>22</p> <p>Chicken Burrito Bowl</p> <p><b>FEATURED VEGGIES</b> Fresh Garden Salad Grape tomatoes</p>	<p>23</p> <p>Chicken Wings</p> <p><b>FEATURED VEGGIES</b> Oven Baked Fries Red Pepper Strips</p>	<p>24</p> <p>Pizza</p> <p><b>FEATURED VEGGIES</b> Fresh Garden salad Veggie of the Day</p>							
<p>27</p> <p>Meatball Sub</p> <p><b>FEATURED VEGGIES</b> Potato Salad Fresh Garden Salad</p>	<p>28</p> <p>Tacos</p> <p><b>FEATURED VEGGIES</b> Rice , Beans Corn</p>	<p>29</p> <p>Orange Chicken</p> <p><b>FEATURED VEGGIES</b> Rice Grape Tomatoes</p>	<p>30</p> <p>Chicken Wings</p> <p><b>FEATURED VEGGIES</b> Baked Beans Red Pepper Strips</p>	<p>31</p> <p>Pizza</p> <p><b>FEATURED VEGGIES</b> Fresh Garden Salad Veggie of the Day</p>	<p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>						
<p><b>Café Contact Info:</b></p> <p>Cristine McAllister, Food Service Director 609-383-6900 ext. 4039 <a href="mailto:cristine.mcallister@metzcorp.com">cristine.mcallister@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Paid</td> <td>\$3.15</td> </tr> <tr> <td>Free &amp; Reduced</td> <td>Free</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$5.00</td> </tr> </table>		Student Paid	\$3.15	Free & Reduced	Free	Faculty Lunch	\$5.00	
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