



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. - Whole Grain - Fresh Fruit or Cupped Fruit - 1% Milk Whole Grain Cereals <i>(served with graham crackers)</i> Cinnamon Toast Crunch (GF), Trix, Cocoa Puffs, Lucky Charms, Cheerios (GF), Kix (GF) 1% White Milk
3 Mini French Toast 100% Fruit Juice	4 Breakfast Pizza 1% Milk	5 Mini Cinni Rolls 1% Milk	6 No School	7 No School	
10 Mini Pancakes 100% Fruit Juice	A graphic for Veterans Day featuring an American flag and the text 'VETERANS DAY HONORING ALL WHO SERVED'.	12 Bagel with Cream Cheese 1% Milk	13 Egg & Cheese Omelet 100% Fruit Juice	14 Assorted Cereal with Graham Crackers 1% Milk	
17 Blueberry Muffin 100% Fruit Juice	18 Yogurt with a Cheese Stick 1% Milk	19 French Toast Sticks 1% Milk	20 Egg, Turkey Sausage & Cheese Maple Flatbread 100% Fruit Juice	21 Yogurt with a Cheese Stick 1% Milk	
24 Mini Waffles 100% Fruit Juice	25 Breakfast Pizza 1% Milk	26 Assorted Cereal with Graham Crackers 1% Milk	A graphic for Thanksgiving featuring autumn leaves and the text 'Happy Thanksgiving!'.	28 No School	
Café Contact: Cristine McAllister, Food Service Director 609-383-6900 ext. 4039 ma1594@metzcorp.com			Meal Prices Student Breakfast Free Faculty Breakfast \$5.00		A QR code linking to the school's website.