



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
3 Grilled Cheese Sandwich (V) Cucumber Slices Fresh or Cupped Fruit	4 Nachos Grande Bean Salad Fresh or Cupped Fruit	5 French Toast Sticks with Sausage Patties Hash Browns Fresh or Cupped Fruit	6 No School	7 No School	1 Entrée 1 Fruit 1 Vegetable 1 1% Milk
10 Popcorn Chicken with Goldfish French Fries Fresh or Cupped Fruit		12 Egg & Cheese Waffle Flatbread Sandwich (V) Chef Salad Cherry Tomatoes Fresh or Cupped Fruit	13 Chicken Patty on a Bun Mashed Potatoes Fresh or Cupped Fruit	14 Pizza (V) Pickles on the Side Side Salad Fresh or Cupped Fruit	Offered Daily Sun Butter & Jelly Sandwich Yogurt Craveable
17 Chicken Nuggets with a Roll Red Pepper Strips Fresh or Cupped Fruit	18 Macaroni & Cheese (V) Roasted Zucchini Fresh or Cupped Fruit	19 Hot Dog on a Roll Green Pepper Strips Fresh or Cupped Fruit	20 BBQ Pulled Chicken Sandwich Tator Tots Fresh or Cupped Fruit	21 Pizza (V) Side Salad Fresh or Cupped Fruit	November is National Pepper Month November is National Bread Month November 3 – National Sandwich Day
24 Cheeseburger on a Roll Steamed Broccoli Fresh or Cupped Fruit	25 Thanksgiving Lunch Turkey with Gravy and a Dinner Roll Mashed Potatoes Green Beans	26 Chef's Choice		28 No School	November 14 – National Pickle Day November 25 – Thanksgiving Day
					(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

Café Contact:

Cristine McAllister, Food Service Director
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Meal Prices

Student Lunch
Faculty Lunch
Free
\$5.00



NUTRI-SERVE
FOOD MANAGEMENT, INC. by Metz