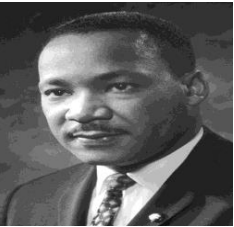






**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 Happy New Year!!  No School	2 Apple Cinnamon Cheerios Cereal (GF)  Mixed Fruit 1% White Milk	3 Yogurt w/ Graham Cracker  100% Fruit Juice 1% White Milk	<b>What is a Meal?</b> Pre-K students are served the three following components for school breakfast. <ul style="list-style-type: none"> <li>- Whole Grain</li> <li>- Fresh Fruit or Cupped</li> <li>- 1% White Milk</li> </ul> <b>Whole Grain Cereals</b> Cheerios, Apple Cinnamon Cheerios, Rice Chex, Kix, Honey Cheerios (GF)-Gluten Free
6 Rice Chex Cereal (GF)  100% Fruit Juice 1% White Milk	7 Mini Maple Pancakes  Diced Pears 1% White Milk	8 Chocolate Chip French Toast  Apple Slices 1% White Milk	9 Cheerios Cereal (GF)  Banana 1% White Milk	10 Yogurt  100% Fruit Juice 1% White Milk	
13 Mini Maple Pancakes  100% Fruit Juice 1% White Milk	14 Cinnamon Toast Crunch Bar  Applesauce Cup 1% White Milk	15 Mini Cinnamon Waffles  Apple Slices 1% White Milk	16 Chocolate Chip French Toast  Banana 1% White Milk	17 Bagel w/ Cream Cheese  100% Fruit Juice 1% White Milk	
	21 Mini Maple Pancakes  100% Fruit Juice 1% White Milk	22 Mini Cinnamon Waffles  Apple Slices 1% White Milk	23 Honey Cheerios (GF)  Banana 1% White Milk	24 Bagel w/ Cream Cheese  100% Fruit Juice 1% White Milk	
27 Apple Cinnamon Cheerios Cereal (GF)  100% Fruit Juice 1% White Milk	28 Berry French Toast  Applesauce Cup 1% White Milk	29 Mini Birthday Pancakes  Apple Slices 1% White Milk	30 Rice Chex Cereal (GF)  Banana 1% White Milk	31 Yogurt w/ Graham Cracker  100% Fruit Juice 1% White Milk	
<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>			<b>Meal Prices</b> Student Breakfast Faculty Breakfast Free \$5.00		
					

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



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 Happy New Year!!  No School	2 Chicken Nuggets  Tator Tots Cupped Fruit of the Day 1% White Milk	3 French Bread Pizza  Green Beans Cupped Fruit of the Day 1% White Milk	<b>What is a Meal?</b> Students are served in the classroom. - Whole Grain - Protein - Vegetable - Fruit - 1% White Milk  Daily Alternates Sun Butter & Jelly Sandwich with Veggie & Fruit of the Day and 1% milk  <b>Milk</b> 1% White Milk
6 Mini Corn Dogs  Peas Cupped Fruit of the Day 1% White Milk	7 Soft Baked Beef Tacos  Corn Cupped Fruit of the Day 1% White Milk	8 Beef A Roni  Grape Tomatoes Cupped Fruit of the Day 1% White Milk	9 Chicken Sticks  Baked Beans Cupped Fruit of the Day 1% White Milk	10 Cheesy Pizza  Fresh Garden Salad Cupped Fruit of the Day 1% White Milk	
13 Cheeseburger on a Bun  Broccoli Cupped Fruit of the Day 1% White Milk	14 Mini Corn Dogs  Baked Beans Cupped Fruit of the Day 1% White Milk	15 French Toast Sticks w/ Sausage Links  Hash Brown Potato Cupped Fruit of the Day 1% White Milk	16 Chicken Nuggets  Steamed Corn Cupped Fruit of the Day 1% White Milk	17 Cheesy Pizza  Green Beans Cupped Fruit of the Day 1% White Milk	
	21 Soft Beef Tacos  Rice, Beans Cupped Fruit of the Day 1% White Milk	22 Corn Dog  Grape Tomatoes Cupped Fruit of the Day 1% White Milk	23 Chicken Patty on a Bun  Oven Baked Fries Cupped Fruit of the Day 1% White Milk	24 French Bread Pizza  Fresh Garden Salad Cupped Fruit of the Day 1% White Milk	
27 Mozzarella Sticks w/ Marinara  Peas Cupped Fruit of the Day 1% White Milk	28 Soft Baked Beef Tacos  Corn Cupped Fruit of the Day 1% White Milk	29 Pizza Dippers w/ Marinara  Grape Tomatoes Cupped Fruit of the Day 1% White Milk	30 Chicken Nuggets  Baked Beans Cupped Fruit of the Day 1% White Milk	31 French Bread Pizza  Fresh Garden Salad Cupped Fruit of the Day 1% White Milk	



**Café Contact Info:**  
**Cristine McAllister, Food Service Director**  
 609-383-6900 ext. 4039  
[cristine.mcallister@metzcorp.com](mailto:cristine.mcallister@metzcorp.com)

**Meal Prices**  
 Paid Student \$2.90  
 Free & Reduced Free  
 Faculty Lunch \$5.00



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