October 2025



Meet Your Nutritious Friend: Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Egg, Sausage & Cheese Maple Flatbread	Assorted Cereal with Graham Crackers	Mini Bagel with Cinnamon Cream Cheese
		1% White Milk	1% White Milk	1% White Milk
6	7	8	9	10
	Assorted Cereal		Assorted Cereal	
Mini Waffles	with Graham Crackers	Egg & Cheese Omelet	with Graham Crackers	Yogurt with a Cheese Stick
1% White Milk	1% White Milk	1% White Milk	1% White Milk	1% White Milk
	14	15	16	17
COLUMBUS DAY	No School	Egg, Turkey Bacon & Cheese on a Bagel 1% White Milk	Assorted Cereal with Graham Crackers 1% White Milk	Mini Bagel with Strawberry Cream Cheese 1% White Milk
20	21	22	23	24
Mini Pancakes	Assorted Cereal with Graham Crackers	Egg & Cheese Omelet	Assorted Cereal with Graham Crackers	Yogurt with a Cheese Stick
1% White Milk	1% White Milk	1% White Milk	1% White Milk	1% White Milk
27	28	29	30	31
Mini Waffles	Assorted Cereal with Graham Crackers	Egg, Sausage & Cheese Maple Flatbread	Assorted Cereal with Graham Crackers	Mini Bagel with Cinnamon Cream Cheese
1% White Milk	1% White Milk	1% White Milk	1% White Milk	1% White Milk

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
- 1% White Milk

Whole Grain Cereals

(with Graham Crackers)

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

1% White Milk

Cafe Contact:

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

Meal Prices

Student Breakfast Faculty Breakfast

Free \$5.00



