





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

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1		3	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p>
6	7	8	9	10	
Assorted Cereals with Graham Crackers	Mini Maple Waffles Assorted Cereals or Cereal Bar with Graham Crackers	Plain Bagel with Cream Cheese Assorted Cereals or Cereal Bar with Graham Crackers	Banana Bread with Yogurt Assorted Cereals or Cereal Bar with Graham Crackers	Banana Bread with String Cheese Assorted Cereals or Cereal Bar with Graham Crackers	
13	14	15	16	17	
Assorted PopTarts with Low Fat Yogurt Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Bagel Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Muffins with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	Mini Cinnamon Buns Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereal Bars with String Cheese Assorted Cereals or Cereal Bar with Graham Crackers	
20	21	22	23	24	
	Cinnamon Sugar Bagel Stix Assorted Cereals or Cereal Bar with Graham Crackers	Powdered Donut Holes with Yogurt Assorted Cereals or Cereal Bar with Graham Crackers	Cheese Omelet with Mini Bagel Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	
27	28	29	30	31	
Assorted Cereal Bars with Low Fat Yogurt Assorted Cereals with Graham Crackers	Mini Blueberry Pancakes 	Banana Bread with String Cheese Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Bagel Assorted Cereals or Cereal Bar with Graham Crackers	Assorted PopTarts with Low Fat Yogurt Assorted Cereals or Cereal Bar with Graham Crackers	
<p>Your Team Marissa Janesko, General Manager ma1113@metzcorp.com</p>			<p>Meal Prices BREAKFAST IS FREE FOR ALL STUDENTS!! Staff Breakfast \$1.75</p>		

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



**Meet Your Nutritious Friend:
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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1	2	3	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate
6 Chicken Nuggets with Dinner Roll Breadstick Dipper FEATURED VEGGIES Green Beans Fresh Fruits & Veggies	TACO TUESDAY 7 Soft Shell Tacos Breadstick Dipper FEATURED VEGGIES Corn Fresh Fruits & Veggies	8 Pasta w/ Marinara Sauce Breadstick Dipper FEATURED VEGGIES Steamed Broccoli Fresh Fruits & Veggies	9 Grilled Cheese Sandwich Breadstick Dipper FEATURED VEGGIES Tomato Soup Fresh Fruits & Veggies	10 Cheese Pizza Breadstick Dipper FEATURED VEGGIES Steamed Carrots Fresh Fruits & Veggies	
13 Cheeseburger on a Bun Bagel & Yogurt Craveable FEATURED VEGGIES Mixed Veggies Fresh Fruits & Veggies	14 Orange Chicken over Rice Bagel & Yogurt Craveable FEATURED VEGGIES Steamed Broccoli Fresh Fruits & Veggies	15 Turkey & Cheese Melt Bagel & Yogurt Craveable FEATURED VEGGIES Corn Fresh Fruits & Veggies	16 Popcorn Chicken Bites with Buttered Noodles Bagel & Yogurt Craveable FEATURED VEGGIES Carrots Fresh Fruits & Veggies	17 French Bread Pizza Bagel & Yogurt Craveable FEATURED VEGGIES Green Beans Fresh Fruits & Veggies	
No School 20 	21 Walking Taco Pizza Craveable FEATURED VEGGIES Corn Fresh Fruits & Veggies	22 Hot Ham & Cheese on a Pretzel Roll Pizza Craveable FEATURED VEGGIES Green Beans Fresh Fruits & Veggies	23 French Toast Sticks with Sausage Patty Pizza Craveable FEATURED VEGGIES Hash Brown Patty Fresh Fruits & Veggies	24 Cheese Pizza Pizza Craveable FEATURED VEGGIES Steamed Carrots Fresh Fruits & Veggies	
27 Chicken Patty on a Bun Turkey & Cheese Sandwich FEATURED VEGGIES Mixed Veggies Fresh Fruits & Veggies	28 Salisbury Steak with Gravy over Buttered Noodles Turkey & Cheese Sandwich FEATURED VEGGIES Baked Beans Fresh Fruits & Veggies	29 COMET Bowl Turkey & Cheese Sandwich FEATURED VEGGIES Mashed Potatoes Fresh Fruits & Veggies	30 Pasta with Meatballs Turkey & Cheese Sandwich FEATURED VEGGIES Broccoli Fresh Fruits & Veggies	31 Stuffed Crust Pizza Turkey & Cheese Sandwich FEATURED VEGGIES Green Beans Fresh Fruits & Veggies	
Your Team Marissa Janesko, General Manager ma1113@metzcorp.com			Meal Prices Student Lunch \$2.25 Adult Lunch \$4.00		

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