


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 WG Blueberry Muffin  or Cereal Bar with Graham Crackers	2 Egg & Cheese Bagel  or Cereal Bar with Graham Crackers	3 <b>No School</b>	4 <b>No School</b>	<p><b>What is a Meal?</b> Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereal Bars</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Golden Grahams, and Various Nutri-Grain Flavors</p> <p><b>Choice of Fruit</b> Seasonal fresh whole fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Protein Options</b> Low Fat String Cheese or Hard Boiled Eggs</p> <p><b>Choice of Milk</b> 1% white or chocolate</p> <p>All Offered Breakfast Items meet USDA Child Nutrition Program's criteria for Grain and Whole Grain-Rich meals. All items are free from artificial flavors, colors and high fructose corn syrup. Name Brand items are formulated for K-12 Schools, and have nutritional values that differ from their store bought counterparts. Reduced Sugar, Reduced Fat. Healthy Start!</p>
7 Yogurt and Whole Grain Graham Snacks  or Whole Grain Pop Tart with Graham Crackers	8 Whole Grain Banana Bread  or Whole Grain Pop Tart with Graham Crackers	9 Funfetti Pancakes  or Whole Grain Pop Tart with Graham Crackers	10 French Toast Sticks  or Whole Grain Pop Tart with Graham Crackers	11 WG Apple Cinnamon Muffin  or Whole Grain Pop Tart with Graham Crackers	
14 Mini Maple Pancakes  or Cereal Bar with Graham Crackers	15 Pumpkin Bread  or Cereal Bar with Graham Crackers	16 Egg & Cheese Bagel  or Cereal Bar with Graham Crackers	17 Blueberry Bread  or Cereal Bar with Graham Crackers	18 Apple Strudel  or Cereal Bar with Graham Crackers	
21 Mini Cinni Rolls  or Whole Grain Pop Tart with Graham Crackers	22 Whole Grain Chocolate Chip Muffin  or Whole Grain Pop Tart with Graham Crackers	23 Chocolate Chip Oatmeal Bar  or Whole Grain Pop Tart with Graham Crackers	24 Lemon Bread  or Whole Grain Pop Tart with Graham Crackers	25 Banana Muffin  or Whole Grain Pop Tart with Graham Crackers	
28 Mini Blueberry Donut Holes  or Cereal Bar with Graham Crackers	29 Bagel w/ Strawberry Cream Cheese  or Cereal Bar with Graham Crackers	30 Egg & Cheese Bagel  or Cereal Bar with Graham Crackers	31 Pumpkin Bread  or Cereal Bar with Graham Crackers		
<p><b>Metz Culinary at Jenkintown</b> Chris Talmadge, General Manager 215-885-3722 <a href="mailto:ma1087@metzcorp.com">ma1087@metzcorp.com</a></p>			<p><b>Meal Prices</b> Student Breakfast FREE Reduced Breakfast FREE Faculty Breakfast \$2.85</p>		

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
					<p><b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p>						
	<p>1 Walking Tacos w/ Toppings and Rice</p> <p><b>FEATURED VEGGIES</b> Refried Beans Scratch Pico de Gallo</p>	<p>2 Popcorn Chicken Mashed Potato Bowl with Roll</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Fresh Green Peppers</p>	<p>3 <b>No School</b></p>	<p>4 <b>No School</b></p>							
<p>7 Italian Meatball &amp; Pasta</p> <p><b>FEATURED VEGGIES</b> Green Beans Baby Carrots</p>	<p>8 Chicken Nuggets W/ Rice and Whole Grain Roll</p> <p><b>FEATURED VEGGIES</b> Brussels Sprouts Strawberry Spinach Salad</p>	<p>9 <b>No Lunch</b></p>	<p>10 County Fair Corn Dogs or Cheeseburger on a Bun</p> <p><b>FEATURED VEGGIES</b> Smiley Potatoes Grape Tomatoes</p>	<p>11 PIZZA DAY Pepperoni, Cheese, or Daily Special</p> <p><b>FEATURED VEGGIES</b> Lemon-Parm Broccoli Baby Carrots</p>	<p><b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white or chocolate.</p> <p><b>Daily Alternates</b> Fresh Entree Salad Cheeseburger or Chicken Sandwich Weekly Cold Cut Sandwiches or Wraps Peanut Butter &amp; Jelly</p>						
<p>14 Cheeseburger Tater Tot Bowl Customizable for (V)</p> <p><b>FEATURED VEGGIES</b> Tater Tots Baby Carrots</p>	<p>15 Chicken Tenders w/ Soft Pretzel</p> <p><b>FEATURED VEGGIES</b> Curly Fries Sliced Cucumbers</p>	<p>16 Dip &amp; Dust Wings or Nuggets with Garlic Knot Plant-Based Nuggets (V)</p> <p><b>FEATURED VEGGIES</b> BBQ Baked Beans Fresh Green Peppers</p>	<p>17 Turkey &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Steamed Carrots Tomato Mozzarella Salad</p>	<p>18 PIZZA DAY Pepperoni, Cheese, or Daily Special</p> <p><b>FEATURED VEGGIES</b> Lemon-Parm Broccoli Baby Carrots</p>							
<p>21 Pasta Bar with Garlic Knot</p> <p><b>FEATURED VEGGIES</b> Steamed Mixed Veggies Tomato Mozzarella Salad</p>	<p>22 Beef or Chicken Nachos Grande</p> <p><b>FEATURED VEGGIES</b> Ranch Refried Bean Dip Fresh Pico de Gallo</p>	<p>23 Ham and Cheese on Pretzel Roll</p> <p><b>FEATURED VEGGIES</b> Sweet Potato Fries Fresh Pineapple Slaw</p>	<p>24 Build-Your-Own Breakfast Sandwich Customizable for (V)</p> <p><b>FEATURED VEGGIES</b> Tri Hash Brown Fresh Cucumbers</p>	<p>25 PIZZA DAY Pepperoni, Cheese, or Daily Special</p> <p><b>FEATURED VEGGIES</b> Lemon-Parm Broccoli Baby Carrots</p>							
<p>28 Chicken Nuggets w/ Whole Grain Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Oven Fries Fresh Cucumbers</p>	<p>29 Chicken Nachos</p> <p><b>FEATURED VEGGIES</b> Steamed Golden Corn Baby Carrots</p>	<p>30 Smoky Turkey Chili with Warm Cornbread &amp; Crackers Or Cheeseburger</p> <p><b>FEATURED VEGGIES</b> Fresh Cauliflower</p>	<p>31 Breakfast for Lunch Waffles and Turkey Sausage</p> <p><b>FEATURED VEGGIES</b> Smiley Fries Fresh Green Peppers</p>		<p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p>						
<p><b>Metz Culinary at Jenkintown</b> Chris Talmadge, General Manager 215-885-3722 <a href="mailto:ma1087@metzcorp.com">ma1087@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>HS Student Lunch</td> <td>\$3.35</td> </tr> <tr> <td>ES Student Lunch</td> <td>\$2.85</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.65</td> </tr> </table>		HS Student Lunch	\$3.35	ES Student Lunch	\$2.85	Faculty Lunch	\$4.65	
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