



| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|---|--|--|---|---|--|
| | | | | 1 Yogurt and Whole Grain Graham Snacks Or Cereal Bar with Graham Crackers | What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk |
| 4 Glazed Dunkin Sticks Or Cereal Bar with Graham Crackers | 5 NO SCHOOL | 6 Whole Grain Banana Bread Or Cereal Bar with Graham Crackers | 7 Cinnamon French Toast or Cereal Bar with Graham Crackers | 8 Funfetti Pancakes or Cereal Bar with Graham Crackers | A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereal Bars Cinnamon Toast Crunch, Trix, Cocoa Puffs, Golden Grahams, and Various Nutri-Grain Flavors |
| 11 Pumpkin Bread or Cereal Bar with Graham Crackers | 12 Mini Maple Pancakes or Cereal Bar with Graham Crackers | 13 WG Blueberry Muffin or Cereal Bar with Graham Crackers | 14 Chocolate Chip French Toast or Cereal Bar with Graham Crackers | 15 Apple Strudel or Cereal Bar with Graham Crackers | Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Protein Options Low Fat String Cheese or Hard Boiled Eggs |
| 18 Apple Cinnamon Muffin or Cereal Bar with Graham Crackers | 19 Mini Cinni Rolls or Cereal Bar with Graham Crackers | 20 French Toast or Cereal Bar with Graham Crackers | 21 Egg & Cheese on a Bagel or Cereal Bar with Graham Crackers | 22 Apple Oatmeal Bar or Cereal Bar with Graham Crackers | Choice of Milk 1% white or chocolate 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! |
| 25 Mini Blueberry Donut Holes or Cereal Bar with Graham Crackers | 26 WG Chocolate Chip Muffins or Cereal Bar with Graham Crackers | 27 NO SCHOOL | 28 NO SCHOOL | 29 NO SCHOOL | |
| Metz Culinary at Jenkintown Chris Talmadge, General Manager 215-885-3722 ma1087@metzcorp.com | | | Meal Prices Student Breakfast FREE Reduced Breakfast FREE Faculty Breakfast \$2.85 | |  |

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|---|--|--|--|--|---|--------|------------------|--------|---------------|--------|---|
| | | | | | <p>What is a Meal?</p> <p>You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> | | | | | | |
| | | | | | <p>PIZZA DAY ¹</p> <p>Pepperoni, Cheese, or Daily Special</p> <p>FEATURED VEGGIES Lemon-Parm Broccoli Baby Carrots</p> | | | | | | |
| <p>4</p> <p>Chicken Tenders w/ Soft Pretzel</p> <p>FEATURED VEGGIES Oven Fries Sliced Cucumbers</p> | <p>5</p> | <p>6</p> <p>Crispy Rodeo Chicken Or Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Onion Rings Chickpea Salad</p> | <p>7</p> <p>Build-Your-Own Burger Black Bean Burger (V)</p> <p>FEATURED VEGGIES BBQ Baked Beans Coleslaw</p> | <p>8</p> <p>PIZZA DAY</p> <p>Pepperoni, Cheese, or Daily Special</p> <p>FEATURED VEGGIES Lemon-Parm Broccoli Baby Carrots</p> | <p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white or fat-free chocolate,</p> <p>Daily Alternates</p> <p>Fresh Entree Salad Bar Cheeseburger or Chicken Sandwich Weekly Cold Cut Sandwiches or Wraps Peanut Butter & Jelly</p> | | | | | | |
| <p>11</p> <p>Cheeseburger Tater Tot Bowl Customizable for (V)</p> <p>FEATURED VEGGIES Tater Tots Fresh Peppers</p> | <p>12</p> <p>Walking Tacos</p> <p>FEATURED VEGGIES Steamed Corn Black Bean Salsa</p> | <p>13</p> <p>Build-Your-Own Breakfast Sandwich Customizable for (V)</p> <p>FEATURED VEGGIES Glazed Carrots Fresh Cauliflower</p> | <p>14</p> <p>Grilled Ham & Cheese or Classic Toasted Cheese Sandwich (V)</p> <p>FEATURED VEGGIES Tomato Soup Celery Sticks</p> | <p>15</p> <p>PIZZA DAY</p> <p>Pepperoni, Cheese, or Daily Special</p> <p>FEATURED VEGGIES Lemon-Parm Broccoli Baby Carrots</p> | | | | | | | |
| <p>18</p> <p>Italian Meatball with Pasta Or Chicken Sandwich</p> <p>FEATURED VEGGIES Green Beans Fresh Peppers</p> | <p>19</p> <p>Turkey & Provolone Sub or Chicken Tenders</p> <p>FEATURED VEGGIES Oven Fries Grape Tomatoes</p> | <p>20</p> <p>Chicken Nachos Or Cheeseburger</p> <p>FEATURED VEGGIES Roasted Cauliflower Sliced Cucumbers</p> | <p>21</p> <p>Thanksgiving Dinner For Lunch</p> <p>FEATURED VEGGIES Mashed Potatoes Fresh Grape Tomatoes</p> | <p>22</p> <p>PIZZA DAY</p> <p>Pepperoni, Cheese, or Daily Special</p> <p>FEATURED VEGGIES Lemon-Parm Broccoli Baby Carrots</p> | | | | | | | |
| <p>25</p> <p>Breakfast Only</p> | <p>26</p> <p>Breakfast Only</p> | <p>27</p> <p>NO SCHOOL</p> | <p>28</p> <p>NO SCHOOL</p> | <p>29</p> <p>NO SCHOOL</p> | <p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> | | | | | | |
| <p>Metz Culinary at Jenkintown Chris Talmadge, General Manager 215-885-3722 ma1087@metzcorp.com</p> | | | <p>Meal Prices</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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