



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		

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



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
					<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>Bruschetta Sandwich with Chicken or Mozzarella Cheese (V) on Toasted Rosemary Focaccia Roll</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>PIZZA DAY ⁸</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>Grilled Ham & Cheese ¹⁴ or Classic Toasted Cheese Sandwich (V)</p> <p>FEATURED VEGGIES Tomato Soup Celery Sticks</p>	<p>PIZZA DAY ¹⁵</p> <p>Pepperoni, Cheese, or Daily Special</p> <p>FEATURED VEGGIES Lemon-Parm Broccoli Baby Carrots</p>							
<p>¹⁸</p> <p>Italian Meatball & Cheese on Toasted Baguette Or Chicken Sandwich</p> <p>FEATURED VEGGIES Green Beans Fresh Peppers</p>	<p>¹⁹</p> <p>Turkey & Provolone Sub or Classic Italian Sub</p> <p>FEATURED VEGGIES Oven Fries Grape Tomatoes</p>	<p>²⁰</p> <p>Buffalo Chicken Dip over Tortilla Chips Buffalo Cauliflower Dip (V)</p> <p>FEATURED VEGGIES Roasted Cauliflower Sliced Cucumbers</p>	<p>²¹</p> <p>Thanksgiving Dinner For Lunch</p> <p>FEATURED VEGGIES Mashed Potatoes Celery Sticks</p>	<p>PIZZA DAY ²²</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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