



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

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1	2	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 Cereal Bars Cinnamon Toast Crunch, Trix, Cocoa Puffs, Golden</p> <p>Grahams, and Various Nutri-Grain Flavors</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white or fat-free 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>
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30	31	
<p>Metz Culinary at Jenkintown Chris Talmadge, General Manager 215-885-3722 ma1087@metzcorp.com</p>			<p>Meal Prices Student Breakfast FREE Reduced Breakfast FREE Faculty Breakfast \$2.85</p>		

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



Meet Your Nutritious Friend:
Mr. Oatis

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 or fat-free chocolate
6	7 Corn Dogs FEATURED VEGGIES Smiley Fries	8 CHICKEN WING BAR Or Vegan Nuggets FEATURED VEGGIES Ranch Refried Beans Celery	9 Turkey and Cheese Hoagie FEATURED VEGGIES Seasoned Corn Fresh Peppers	10 Pizza Day FEATURED VEGGIES Lemon Parmesan Broccoli Side Salad	
13 Waffles and Turkey Sausage FEATURED VEGGIES Tater Tots Grape Tomatoes	14 Walking Tacos FEATURED VEGGIES Corn Salsa Seasoned Corn	15	16 Burger Bar FEATURED VEGGIES Coleslaw Oven Fries	17 Pizza Day FEATURED VEGGIES Lemon Parmesan Broccoli Side Salad	Daily Alternates Fresh Entree Salad Bar Cheeseburger or Chicken Sandwich Weekly Cold Cut Sandwiches or Wraps Peanut Butter & Jelly
20	21 Grilled Cheese w/ Tomato Soup Grilled Ham & Cheese FEATURED VEGGIES Tomato Soup Celery Sticks	22 Pasta Bar FEATURED VEGGIES Steamed Peas Fresh Peppers	23 General Tso's Chicken with Rice FEATURED VEGGIES Cauliflower Grape Tomatoes	24 Pizza Day FEATURED VEGGIES Lemon Parmesan Broccoli Side Salad	
27 Build a Breakfast Sandwich FEATURED VEGGIES Tater Tots Celery	28 Chicken or Beef Tacos FEATURED VEGGIES Refried Beans Fresh Peppers	29 Turkey Chili 3 Bean Chili FEATURED VEGGIES Steamed Carrots Fresh Cauliflower	30 Buffalo Chicken Dip Or Buffalo Cauliflower Dip FEATURED VEGGIES Roasted Cauliflower Baby Carrots	31 Pizza Day FEATURED VEGGIES Lemon Parmesan Broccoli Side Salad	
Metz Culinary at Jenkintown Chris Talmadge, General Manager 215-885-3722 ma1087@metzcorp.com			Meal Prices HS Student Lunch \$3.35 ES Student Lunch \$2.85 Faculty Lunch \$4.65		

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