



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

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1	2	3	<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</p> <p>Grahams, and Various Nutri-Grain Flavors</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 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. <b>Reduced Sugar, Reduced Fat. Healthy Start!</b></p>
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30	31	
<p><b>Metz Culinary at Jenkintown</b> Chris Talmadge, General Manager 215-885-3722 ma1087@metzcorp.com</p>			<p><b>Meal Prices</b> 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.



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1	2	3	<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><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 fat-free chocolate</p> <p><b>Daily Alternates</b> Fresh Entree Salad Bar Cheeseburger or Chicken Sandwich Weekly Cold Cut Sandwiches or Wraps Peanut Butter &amp; Jelly</p>
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30	31	
<p><b>Metz Culinary at Jenkintown</b> Chris Talmadge, General Manager 215-885-3722 ma1087@metzcorp.com</p>	<p><b>Meal Prices</b> HS Student Lunch \$3.35 ES Student Lunch \$2.85 Faculty Lunch \$4.65</p>				

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