


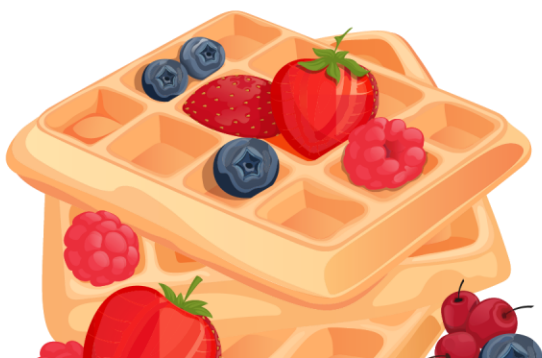




Monday	Tuesday	Wednesday	Thursday	Friday	<div>What is a Meal?</div> <p>Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none">- Choice of Whole Grain- Choice of Protein- Choice of Fruit or Vegetable- Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <div>Whole Grain Cereals (served with graham crackers)</div> <p>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</p> <div>Choice of Fruit</div> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <div>Choice of Milk</div> <p>1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry</p> <div>Alternate Secondary</div> <p>May include WG Pop Tart, Mini Donut, Benefit Bar, Mini Cinni, Apple Frudel or Pull a part Bagel.</p> <div>Alternate Elementary</div> <p>May include Yogurt Craveable</p> <div></div> <div></div>
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11	12	13	14	15	
18	19	20	21	22	
Prep Day NO SCHOOL	Convocation Day NO SCHOOL	PD Day NO SCHOOL	PD Day NO SCHOOL	Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
25	26	27	28	29	
Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Bacon, Egg, & Cheese Biscuit Assorted Cereals or Cereal Bar with Graham Crackers	French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	
<div>Your Team</div> <div>John Dzurina, NS Director 910-751-0035 ma1136@metzcorp.com</div> <div>JoEll Rapose, NS Supervisor 440-993-2490 ext. 14009 joell.repose@aacs.net</div> <div>Meal Prices</div> <div>Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.75</div> <div></div>					

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



Monday	Tuesday	Wednesday	Thursday	Friday	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, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps Cheese & Pepperoni Pizza Chicken Patty Sandwich Cheeseburger PB & Jelly Craveable
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4	5	6	7	8	
11	12	13	14	15	
18	19	20	21	22	
Prep Day NO SCHOOL	Convocation Day NO SCHOOL	PD Day NO SCHOOL Join us the first week of school for our Back to School Carnival Eats		Chili Cheese Dog FEATURED VEGGIES Steamed Corn Chili Cheese Fries	
25	26	27	28	29	
Funnel Cake with Strawberry Topping FEATURED VEGGIES Funnel Cake Fries Baby Carrots	Walking Taco FEATURED VEGGIES Steamed Broccoli Churros	Cowboy Burger FEATURED VEGGIES Curly Fries Sliced Cucumbers	Philly Cheese Steak FEATURED VEGGIES Waffle Fries Fresh Grape Tomatoes	Nashville Hot Chicken Sandwich FEATURED VEGGIES Steamed Carrots Side Salad	
Your Team John Dzurina, NS Director 910-751-0035 ma1136@metzcorp.com					
Meal Prices Student Lunch \$0.00 Reduced Lunch \$0.00 Faculty Lunch \$5.00					

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