


**BABY**



**Black Bean**

**Meet Your Nutritious Friend:  
 Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>HELP WANTED</b>            We are now taking applications for cafeteria substitutes            Contact Cindy Sue            732-521-6042            Ext. 2042</p>	<p>Scan Here or Call to Apply Now</p> 	<p>1</p> <p>Spring Break            School's Closed</p>	<p>2</p> <p>Spring Break            School's Closed</p>	<p>3</p> <p>Spring Break            School's Closed</p>
<p>6</p> <p>Strawberry Poptart w/ Cheese Stick (WSD)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>7</p> <p>Pillsbury Mini Cinni Rolls (WD)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>8</p> <p>Chocolate Chip Muffin (WSDE)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>9</p> <p>Reduced Sugar Cinnamon Toast Crunch (WS)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>10</p> <p>Whole Grain Glazed Donut Sticks (WSDE)</p> <p>Assorted Cereal Bars with Graham Crackers</p>
<p>13</p> <p>Fudge Poptart w/ Cheese Stick (WSD)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>14</p> <p>Reduced Sugar Cinnamon Toast Crunch (WS)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>15</p> <p>Chocolate Chip Muffin (WSDE)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>16</p> <p>Reduced Sugar Cocoa Puffs (W)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>17</p> <p>Strawberry Yogurt w/ Cheese Stick (D)</p> <p>Assorted Cereal Bars with Graham Crackers</p>
<p>20</p> <p>Strawberry Poptart w/ Cheese Stick (WSD)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>21</p> <p>Pillsbury Mini Cinni Rolls (WD)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>22</p> <p>Chocolate Chip Muffin (WSDE)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>23</p> <p>Reduced Sugar Cinnamon Toast Crunch (WS)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>24</p> <p>Whole Grain Glazed Donut Sticks (WSDE)</p> <p>Assorted Cereal Bars with Graham Crackers</p>
<p>27</p> <p>Cinnamon Poptart w/ Cheese Stick (WSD)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>28</p> <p>Reduced Sugar Cinnamon Toast Crunch (WS)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>29</p> <p>Chocolate Chip Muffin (WSDE)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	<p>30</p> <p>Reduced Sugar Cocoa Puffs (W)</p> <p>Assorted Cereal Bars with Graham Crackers</p>	

**What is a Meal?**

Students 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 or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

**Whole Grain Cereal Bars/Bowls**  
*(served with graham crackers)*

Cinnamon Toast Crunch, Trix & Cocoa Puffs

**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

**ALLERGEN KEY**

- W- Wheat/Gluten
- S- Soy
- D - Dairy/Milk
- E- Eggs

**All Breakfast Items are Vegetarian**

*These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg*

**Cindy Sue Schaller Food Service Director**  
 732.521.6042 ext. 2042  
 Cindy.Schaller@monroe.k12.nj.us

**Meal Prices**

Student Breakfast	\$2.25
Reduced Breakfast	\$0.00
Faculty Breakfast	\$3.25



**Metz**  
 CULINARY MANAGEMENT  
 ENVIRONMENTAL SERVICES