



**Meet Your Nutritious Friend:  
Arctic Artichoke**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p><b>HELP WANTED</b> We are taking applications for cafe substitutes Contact Cindy Sue 732-521-6042 E.2042</p>			<p>1 Blueberry Muffin (WSDE)  Assorted Cereal Bars with Graham Crackers</p>	<p>2 Strawberry Yogurt w/ Cheese Stick (D)  Assorted Cereal Bars with Graham Crackers</p>	<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 (served with graham crackers)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs</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, fat-free white or chocolate</p>
<p>5 Strawberry Poptart w/ Cheese Stick (WSD)  Assorted Cereal Bars with Graham Crackers</p>	<p>6 Strawberry Nutri-Grain Bar w/ Graham Crackers (WSD)  Assorted Cereal Bars with Graham Crackers</p>	<p>7 Chocolate Chip Muffin (WSDE)  Assorted Cereal Bars with Graham Crackers</p>	<p>8 Eggo Cinnamon Toast Graham Crackers (WS)  Assorted Cereal Bars with Graham Crackers</p>	<p>9 Strawberry Yogurt w/ Cheese Stick (D)  Assorted Cereal Bars with Graham Crackers</p>	
<p>12 Fudge Poptart w/ Cheese Stick (WSD)  Assorted Cereal Bars with Graham Crackers</p>	<p>13 Oatmeal Chocolate Chip Bar (WSDE)  Assorted Cereal Bars with Graham Crackers</p>	<p>14 Chocolate Chip Muffin (WSDE)  Assorted Cereal Bars with Graham Crackers</p>	<p>15 Reduced Sugar Fruit Loops Cereal Pouch w/ Cheese Stick (WD)  Assorted Cereal Bars with Graham Crackers</p>	<p>16 Strawberry Yogurt w/ Cheese Stick (D)  Assorted Cereal Bars with Graham Crackers</p>	
<p>19 Strawberry Poptart w/ Cheese Stick (WSD)  Assorted Cereal Bars with Graham Crackers</p>	<p>20 Pillsbury Mini Cinni Rolls (WD)  Assorted Cereal Bars with Graham Crackers</p>	<p>21 Chocolate Chip Muffin (WSDE)  Assorted Cereal Bars with Graham Crackers</p>	<p>22 Eggo Cinnamon Toast Graham Crackers (WS)  Assorted Cereal Bars with Graham Crackers</p>	<p>23 <b>School's Closed</b></p>	
<p>26 School's Closed Memorial Day</p>	<p>27 Reduced Sugar Fruit Loops Cereal Pouch w/ Cheese Stick (WD)  Assorted Cereal Bars with Graham Crackers</p>	<p>28 Chocolate Chip Muffin (WSDE)  Assorted Cereal Bars with Graham Crackers</p>	<p>29 Oatmeal Chocolate Chip Bar (WSDE)  Assorted Cereal Bars with Graham Crackers</p>	<p>30 Strawberry Yogurt w/ Cheese Stick (D)  Assorted Cereal Bars with Graham Crackers</p>	

**Food Service Director**  
Cindy Sue Schaller  
732.521.6062 ext. 2042  
Cindy.Schaller@Monroe.k12.nj.us

**Meal Prices**

Student Breakfast	\$2.25
Reduced Breakfast	\$0.00
Faculty Breakfast	\$3.00

