









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

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
					<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>Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Milk</b> 1% white</p>						
6	7	8	9	10							
Trix Cereal Bar  Fresh or Canned Fruit	PB&J Kit  Fresh or Canned Fruit	Blueberry loaf  Fresh or Canned Fruit	Bagel Kit  Fresh or Canned Fruit	Chocolate Chip Muffin  Fresh or Canned Fruit							
13	14	15	16	17							
Cinnamon Toast Crunch Cereal Bar  Fresh or Canned Fruit	Pop Tart w. Graham Cracker  Fresh or Canned Fruit	Bagel Kit  Fresh or Canned Fruit	Lemon Bread  Fresh or Canned Fruit	PB&J Kit  Fresh or Canned Fruit							
20	21	22	23	24							
	Bagel Kit  Fresh or Canned Fruit	Blueberry loaf  Fresh or Canned Fruit	Donut Stix  Fresh or Canned Fruit	Chocolate Chip Muffin  Fresh or Canned Fruit							
27	28	29	30	31							
Bagel Kit  Fresh or Canned Fruit	Pop Tart w. Graham Cracker  Fresh or Canned Fruit	Banana loaf  Fresh or Canned Fruit	PB&J Kit  Fresh or Canned Fruit	Blueberry Muffin  Fresh or Canned Fruit							
<p><b>Your Team</b> Katie Mowry, Food Service Director 856.456.7000 ext. 4044 <a href="mailto:GLC@NSFM.com">GLC@NSFM.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$2.00</td> </tr> </table>		Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.00	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.