

Breakfast in the Classroom

Glassboro School District

Rodgers Pre K & K, Bullock Elementary & Bowe MS

November 2024



**Meet Your Nutritious Friend:
Cran "Bogger"**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 Cocoa Puffs Cereal Breakfast Break 100% Juice Fresh Fruit Milk Choice	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 - Choice of Milk
4 Trix Cereal Bar Breakfast Break 100% Juice Fresh Fruit Milk Choice	5 Cinnamon Toast Crunch Cereal Breakfast Break 100% Juice Fresh Fruit Milk Choice	6 Fudge Pop Tart Breakfast Break 100% Juice Fresh Fruit Milk Choice	7 NO SCHOOL	8 NO SCHOOL	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms & Fudge Pop Tart
11 NO SCHOOL	12 Lucky Charms Cereal Breakfast Break 100% Juice Fresh Fruit Milk Choice	13 Cinnamon Toast Crunch Bar Breakfast Break 100% Juice Fresh Fruit Milk Choice	14 Cocoa Puffs Cereal Breakfast Break 100% Juice Fresh Fruit Milk Choice	15 Fudge Pop Tart Breakfast Break 100% Juice Fresh Fruit Milk Choice	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, chocolate and strawberry
18 Cinnamon Toast Crunch Cereal Breakfast Break 100% Juice Fresh Fruit Milk Choice	19 Trix Cereal Bar Breakfast Break 100% Juice Fresh Fruit Milk Choice	20 Lucky Charms Cereal Breakfast Break 100% Juice Fresh Fruit Milk Choice	21 Cinnamon Toast Crunch Bar Breakfast Break 100% Juice Fresh Fruit Milk Choice	22 Cocoa Puffs Cereal Breakfast Break 100% Juice Fresh Fruit Milk Choice	
25 Fudge Pop Tart Breakfast Break 100% Juice Fresh Fruit Milk Choice	26 Lucky Charms Cereal Breakfast Break 100% Juice Fresh Fruit Milk Choice	27 Cinnamon Toast Crunch Bar Breakfast Break 100% Juice Fresh Fruit Milk Choice	28 HAPPY THANKSGIVING	29 NO SCHOOL	(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>

Your Team

Tim Smith, Food Service Director
856.652.2700 ext.4712
ma1592@metzcorp.com



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



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Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 Big Daddy's Pizza Muffin Meal FEATURED VEGGIES Steamed Green Beans	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, Carrots, Broccoli, Celery, Cucumbers, Cauliflower & Seasonal Fresh Vegetables. Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice. Milk 1% white. Daily Alternates Sun Butter & Jelly, Turkey Ham & Cheese, Turkey & Cheese. Muffin Meal includes LF Yogurt & String Cheese. (V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (VG) Vegan These items do not contain any animal products
4 Cheeseburger on a Bun Muffin Meal FEATURED VEGGIES Smiley Fries	5 Chicken Soft Taco Muffin Meal FEATURED VEGGIES Golden Corn	6 French Toast Sticks w/Turkey Sausage Links Muffin Meal FEATURED VEGGIES Tater Tots	7 NO SCHOOL	8 NO SCHOOL	
11 NO SCHOOL	12 Macaroni & Cheese Muffin Meal FEATURED VEGGIES Seasoned Peas	13 General Tso's Chicken w/Brown Rice Muffin Meal FEATURED VEGGIES Steamed Broccoli	14 Chicken Nuggets w/Goldfish Muffin Meal FEATURED VEGGIES Glazed Carrots	15 Big Daddy's Pizza Muffin Meal FEATURED VEGGIES Tossed Salad	
18 Italian Meatball Sub Muffin Meal FEATURED VEGGIES Oven Fries	19 Beef Soft Taco Muffin Meal FEATURED VEGGIES Mexicali Corn	20 Hot Dog on a Roll Muffin Meal FEATURED VEGGIES Baked Beans	21 Mozzarella Sticks w/Dipping Sauce Muffin Meal FEATURED VEGGIES Green Beans w/Garlic	22 Big Daddy's Pizza Muffin Meal FEATURED VEGGIES Roasted Broccoli	
25 Chicken & Mashed Potato Bowl with Gravy & Roll Muffin Meal FEATURED VEGGIES Mashed Potatoes Steamed Corn	26 Spaghetti w/Meat Sauce Garlic Bread Stick Muffin Meal FEATURED VEGGIES Tossed Salad	27 Chicken Patty on a Bun Muffin Meal FEATURED VEGGIES Seasoned Corn	28 HAPPY THANKSGIVING	29 NO SCHOOL	

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Meal Prices

Student Lunch	\$3.10
Free/Reduced Lunch	\$0.00
Faculty Lunch	\$4.50



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