

# 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	<b>What is a Meal?</b> 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  <b>NO SCHOOL</b>	8  <b>NO SCHOOL</b>	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms & Fudge Pop Tart
11  <b>NO SCHOOL</b>	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	<b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 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  <b>HAPPY THANKSGIVING</b>	29  <b>NO SCHOOL</b>	<b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>  <b>(VG) Vegan</b> <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](mailto:ma1592@metzcorp.com)



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



Meet Your Nutritious Friend:  
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				<p>1</p> <p>Big Daddy's Pizza Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Steamed Green Beans</p>	<p><b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul>
<p>4</p> <p>Cheeseburger on a Bun Cereal Meal</p> <p><b>FEATURED VEGGIES</b> Smiley Fries</p>	<p>5</p> <p>Taco Beef Over Nacho Chips Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Golden Corn</p>	<p>6</p> <p>French Toast Sticks w/Turkey Sausage Links Pretzel Meal</p> <p><b>FEATURED VEGGIES</b> Tater Tots</p>	<p>7</p> <p><b>NO SCHOOL</b></p>	<p>8</p> <p><b>NO SCHOOL</b></p>	<p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, Carrots, Broccoli, Celery, Cucumbers, Cauliflower &amp; Seasonal Fresh Vegetables.</p>
<p>11</p> <p><b>NO SCHOOL</b></p>	<p>12</p> <p>Macaroni &amp; Cheese Cereal Meal</p> <p><b>FEATURED VEGGIES</b> Seasoned Peas</p>	<p>13</p> <p>General Tso's Chicken w/Brown Rice Pretzel Meal</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli</p>	<p>14</p> <p>Chicken Nuggets w/Goldfish Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Glazed Carrots</p>	<p>15</p> <p>Big Daddy's Pizza Cereal Meal</p> <p><b>FEATURED VEGGIES</b> Tossed Salad</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 chocolate and fat-free strawberry.</p>
<p>18</p> <p>Italian Meatball Sub Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Oven Fries</p>	<p>19</p> <p>Turkey Walking Taco Cereal Meal</p> <p><b>FEATURED VEGGIES</b> Mexicali Corn</p>	<p>20</p> <p>Hot Dog on a Roll Pretzel Meal</p> <p><b>FEATURED VEGGIES</b> Baked Beans</p>	<p>21</p> <p>Mozzarella Sticks w/Dipping Sauce Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Green Beans w/Garlic</p>	<p>22</p> <p>Big Daddy's Pizza Cereal Meal</p> <p><b>FEATURED VEGGIES</b> Roasted Broccoli</p>	<p><b>Daily Alternates</b> Sun Butter &amp; Jelly, Turkey Ham &amp; Cheese, Turkey &amp; Cheese.</p> <p>Bagel Meal, Cereal Meal, Pretzel Meal / meals include LF Yogurt &amp; String Cheese.</p>
<p>25</p> <p>Chicken &amp; Mashed Potato Bowl with Gravy &amp; Roll Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Steamed Corn</p>	<p>26</p> <p>Spaghetti w/Meat Sauce Garlic Bread Stick Cereal Meal</p> <p><b>FEATURED VEGGIES</b> Tossed Salad</p>	<p>27</p> <p>Chicken Patty on a Bun Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Seasoned Corn</p>	<p>28</p> <p><b>HAPPY THANKSGIVING</b></p>	<p>29</p> <p><b>NO SCHOOL</b></p>	<p><b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p><b>(VG) Vegan</b> These items do not contain any animal products</p>
<p><b>Bullock School</b> Tim Smith, Food Service Director 856.652.2700 ext.4712 <a href="mailto:ma1592@metzcorp.com">ma1592@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <p>Student Lunch \$3.10 Free/Reduced Lunch \$0.00 Faculty Lunch \$4.50</p>		

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