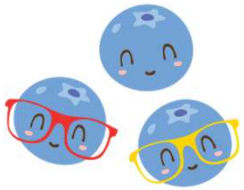
Commercial Township K-8
BREAKFAST MENU

November 2026



MAKE IT A MEAL!
Choose at least **3** of **4** meal components for the school breakfast price:

Whole Grain, Meat/Meat Alternative, Fruit/Vegetable, Milk

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

Available Daily

Assorted Cereals w/Cheese Stick Pop-Tart Breakfast Kit with Crackers and Juice

Daily Fruit Choices:
Fresh fruit, cupped fruit in light syrup, 100% fruit Juice
Students may choose two ½ cup servings.

Milk Selection
Fat Free Chocolate, 1% White and Fat Free Strawberry

(V) Vegetarian | (VG) Vegan | (GF) Gluten-Free

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Cinni Rolls 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	3 Mini Pancakes 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	4 Apple Strudel 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	5 **NJEA Teacher Convention** **NO SCHOOL**	6 **NJEA Teacher Convention** **NO SCHOOL**
9 Mini Maple Pancakes 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	10 Mini French Toast 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	11 Apple Strudel 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	12 Mini Waffles 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	13 Whole Grain Apple Cinnamon Muffin 100% Fruit Juice Fresh or Cupped Fruit Milk Choice
16 Mini Cinni Rolls 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	17 Mini Pancakes 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	18 Apple Strudel 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	19 Mini Waffles 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	20 Whole Grain Blueberry Muffin 100% Fruit Juice Fresh or Cupped Fruit Milk Choice
23 Mini Cinni Rolls 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	24 Mini Pancakes 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	25 Apple Strudel 100% Fruit Juice Fresh or Cupped Fruit Milk Choice	26 	27 **SCHOOL CLOSED**
30 Mini Cinni Rolls 100% Fruit Juice Fresh or Cupped Fruit Milk Choice				

Breakfast Prices

Student	***NO CHARGE***
Adult	$2.50

YOUR DINING SERVICES TEAM
Hope Timmons, Food Service Director
(865) 785-2333 ext. 2146 | com@nsfm.com

NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz

Commercial Township
LUNCH MENU

November 2026

MAKE IT A MEAL!
Choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

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

Fruit & Veggie Selection
A Hot Vegetable and Seasonal Cold Veggies are offered Daily
Veggie Patch: Carrots, Celery, Cucumbers, Broccoli Bites

Students may choose up to two ½ cup servings of fruits and vegetables.

Milk Selection
Fat Free Chocolate, 1% White and Fat Free Strawberry

Available Daily
Uncrustable Meal with Cheese Stick and Goldfish Crackers
Turkey & Cheese Sandwich-Mon, Wed, Friday
Ham & Cheese Sandwich-Tuesday-Thursday

(V) Vegetarian | (VG) Vegan | (GF) Gluten-Free

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

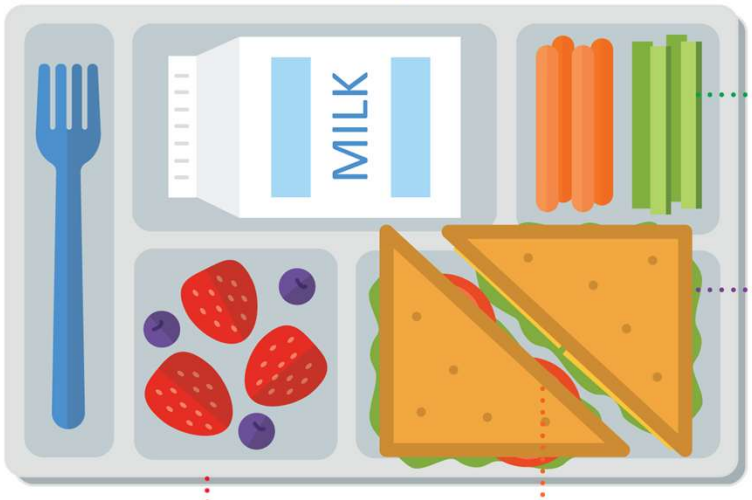
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked BBQ Chicken with a Biscuit Steamed Green Beans Cucumber Slices	**3** Chicken Fajitas with Salsa Golden Corn Baby Carrots	**4** Cheese Burger on a Bun Oven-Baked Fries Celery Sticks	**5** **NJEA Teacher Convention** **NO SCHOOL**	**6** **NJEA Teacher Convention** **NO SCHOOL**
Daily Offerings: Garden Salad with Goldfish Crackers & Dinner Roll (V)				
9 Chicken Nuggets with Dinner Roll Steamed Peas Celery Sticks	**10** Salisbury Steak with a Dinner Roll Mashed Potatoes Baby Carrots	**11** Pasta with Meatsauce with a Garlic Knot Green Beans Fresh Cucumber Slices	**12** French Toast Sticks with a Sausage Patty Hash Brown Broccoli Bites	**13** Cheese Pizza by the Slice Tossed Salad Veggie Patch
Daily Offerings: Garden Salad with Chicken with Dinner Roll				
16 Chicken Patty on a Bun Oven Fries Celery Sticks	**17** Walking Taco with Toppings Seasoned Corn Baby Carrots	**18** Pancakes with Sausage Hash Brown Patty Fresh Cucumber Slices	**19** Toasted Cheese Sandwich (V) Tomato Soup Broccoli Bites	***Early Dismissal*** **20** Pizza Crunchers Fresh Garden Salad Veggie Patch
Daily Offerings: Chicken Caesar Salad with Dinner Roll				
Early Dismissal **23** Hot Dog on a Bun Baked Beans Celery Sticks	***Early Dismissal*** **24** Chicken & Cheese Quesadilla and Salsa Steamed Corn Baby Carrots	***Early Dismissal*** **25** Cheese Pizza Mixed Hot Veggie Veggie Patch	**26** 	**27** **SCHOOL CLOSED**
Daily Offerings: Garden Salad with Goldfish Crackers & Dinner Roll (V)				
30 Chicken Tenders with a Biscuit Steamed Carrot Coins Celery Sticks				
Daily Offerings: Chef Salad with Dinner Roll				

Lunch Prices

Student	No Charge
Adult	$4.00

YOUR DINING SERVICES TEAM
Hope Timmons, Food Service Director
(865) 785-2333 ext. 2146 | com@nsfm.com

NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz



MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

Meet Your nutritious friends

Try quinoa on the menu this month!

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch:	NO CHARGE
Adult Lunch:	$4.50

YOUR DINING SERVICES TEAM
Hope Timmons, Food Service Director
(856) 785-2333 ext 2146 | com@nsfm.com

NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz