



GRAB & GO - Breakfast Menu **Matawan-Aberdeen Middle School**

MONDAY

Whole Grain Muffin

Served w/ Fruit, Juice, and low-fat Milk

TUESDAY

Cereal Bar

Served w/ Fruit, Juice, and low-fat Milk

WEDNESDAY

Pop-Tart

Served w/ Fruit, Juice, and low-fat Milk

THURSDAY

Cereal

Served w/ Fruit, Juice, and low-fat Milk

FRIDAY

Whole Grain Muffin

Served w/ Fruit, Juice, and low-fat Milk



GRAB & GO - Breakfast Menu **Matawan Regional High School**

MONDAY

Whole Grain Muffin

Served w/ Fruit, Juice, and low-fat Milk

TUESDAY

Cereal Bar

Served w/ Fruit, Juice, and low-fat Milk

WEDNESDAY

Pop-Tart

Served w/ Fruit, Juice, and low-fat Milk

THURSDAY

Cereal

Served w/ Fruit, Juice, and low-fat Milk

FRIDAY

Whole Grain Muffin

Served w/ Fruit, Juice, and low-fat Milk