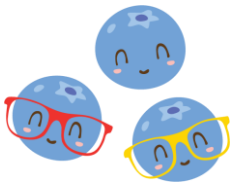
Glassboro Breakfast in The Classroom

Rodgers, Bullock & Bowe

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cinnamon Toast Crunch Bar Break	3 Trix Cereal Break	4 Fudge Pop Tart Break	5 **NO SCHOOL** **NJEA Convention**	6 **NO SCHOOL** **NJEA Convention**
9 Cocoa Puffs Cereal Break	10 Lucky Charms Cereal Break	11 NO SCHOOL **Happy Veterans Day**	12 Trix Cereal Break	13 Fudge Pop Tart Break
16 Cinnamon Toast Crunch Cereal Break	17 Trix Cereal Bar Break	18 Cocoa Puffs Cereal Break	19 Lucky Charms Cereal Break	20 Cinnamon Toast Crunch Bar Break
23 Trix Cereal Break	24 Fudge Pop Tart Break	25 Cinnamon Toast Crunch Cereal Break	26 **NO SCHOOL** **Happy Thanksgiving**	27 **NO SCHOOL**
30 Lucky Charms Cereal Break				

MAKE IT A MEAL!
Choose at least **3** of **4** meal components for the school breakfast price:
Whole Grain, Meat/Meal Alternative, Fruit/Vegetable, Milk

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

Breakfast Prices
Student $X.XX

Available Daily
Assorted cereals and cereal bars
CTC, Trix, Cocoa Puffs, Lucky Charms, Fudge Pop Tart.

Fruit Selection
Fresh Fruit, Canned Fruit in Light Syrup, 100% Fruit Juice.
Students may choose up to two ½ cup servings of fruit.

Milk Selection
1% Low fat Milk

Your Dining Services Team
Tim Smith
Food Service Director
(856) 652-2700 ext. 4712
gla@nsfm.com

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

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

NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz

Glassboro Bowe Middle School LUNCH MENU

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bases Loaded Hot Dog on a Bun **Baked Beans** **Cucumber Slices**	**3** Chicken Enchilada **Golden Corn**	**4** French Toast Sticks with Sausage Links **Tri Patty Taters** **Carrot Sticks**	**5** **NO SCHOOL** **NJEA Conference**	**6** **NO SCHOOL** **NJEA Conference**
Daily Offerings: Chef Salad				
9 General Tso's Chicken with Rice **Steamed Broccoli**	**10** Beef Enchilada **Seasoned Black Beans**	**11** **NO SCHOOL** **Happy Veterans Day**	**12** Chicken & Mashed Potato Bowl with Roll **Steamed Corn** **Baby Carrots**	**13** Toasted Pizza Flatbread Sandwich **Roasted Zucchini**
Daily Offerings: Crispy Chicken Salad				
16 Chicken Nuggets with Roll **Oven Fries** **Baby Carrots**	**17** Fiesta Mac & Cheese (V) **Green Beans**	**18** Cowboy Burger **Baked Beans**	**19** Toasted Cheese Sandwich (V) **Tomato Soup**	**20** Cheeseburger Tater Tot Bowl w/ Dinner Roll **Roasted Sweet Potatoes** **Cucumber Slices**
Daily Offerings: Garden Salad				
23 Chicken & Biscuit **Mashed Potatoes** **Broccoli Salad**	**24** Chicken & Cheese Quesadilla **Steamed Corn** **Salsa**	**25** Asian Sesame Chicken over Rice **Steamed Broccoli** **Carrot Sticks**	**26** **NO SCHOOL** **Happy Thanksgiving**	**27** **NO SCHOOL**
Daily Offerings: Italian Hoagie				
30 Pasta with Meat Sauce **Zesty Country Green Beans** **Cucumber Slices**				
Daily Offerings: Asst. Pizza				

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 lunch.

Lunch Prices

Student	$3.45
Adult	$5.00

Available Daily
Fresh Entrée Salads, Asst. Hot & Cold Sandwiches & Wraps, Asst. Pizza Slices.

Fruit & Veggie Selection
Fresh Fruits, Canned Fruit in Light Syrup, 100% Fruit Juice.
Hot Vegetable, Leafy Salad, Bean Salad, Seasonal Fresh Vegetables.

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

Milk Selection
1% White, FF Chocolate, Strawberry & Lactaid.

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