


<b>Milford Elementary Schools</b> Lunch Price \$2.25 Milk \$.50 Extra Entrée \$1.75	<b>September 2010 Self-Serve Lunch Menu</b>	For comments or concerns about the lunch program contact Gerry Levy @ 831-5030 ext. 13	To meet sodium requirements condiments must be limited to two packets per meal. There is a charge for extra packets.	(The menu is subject to change without notice due to price and availability of food) -A choice of skim 1% white, chocolate or milk is served with each meal. -Whole grain options are in bold w/an * Our program uses Klosterman "Harvest" <u>whole grain</u> bread. Little Caesar's Pizza comes plain or w/ a Veggie Topping
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<b>Adult Lunch \$3.00</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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<b>Alternate Entrees</b> (Served daily, unless noted.) -Chef Salad w/*WG Croutons -Deli Meat & Cheese on *WG Bread -PBJ Uncrustables -Specialty Pizza (Monday & Friday) -Yogurt Fun Tray w/String Cheese & *WG Fish Crackers -Pretzel Meal w/Cheese Sauce (Tuesday) -WG Cheese Pizza or w/Turkey Pepperoni	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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  Labor Day No School	<u>Taco Tuesday</u> Taco in a bag of *Fritos w/Cheese, Lettuce & Salsa & *Brown Rice, Salad, Vegetables, Fruit	Chicken Nuggets w/ Dipping Sauce, *WG Pretzel Rod or *WG Roll, & Pasta, Salad, Vegetables, Fruit	Hot Dog (Low-fat Turkey) on *WG Bun & Baked Beans, Pasta, Salad, Vegetables, Fruit <b>Pudding</b>	Specialty Pizza-Plain Cheese or a Veggie Topping or NEW! Grilled Chicken on a *WG Bun & Pasta, Salad, Vegetables, Fruit
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	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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Chicken Pot Pie or Little Caesar's Pizza-Plain Cheese or w/a Veggie Topping & *Brown Rice, Salad, Vegetables, Fruit	Spaghetti & Meat Sauce w/ Garlic Toast & Pasta, Salad, Vegetables, Fruit	Chicken Nuggets w/ Dipping Sauce, *WG Pretzel Rod or *WG Roll, & Pasta, Salad, Vegetables, Fruit	Burger/ on a *WG Bun w/Cheese, Lettuce & Pickle Skin on Potatoes, & Pasta, Salad, Vegetables, Fruit	Specialty Pizza-Plain Cheese or a Veggie Topping or Fish Treasures & Macaroni and Cheese & Pasta, Salad, Vegetables, Fruit
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	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
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Corn Dog w/Dipping Sauce or Little Caesar's Pizza-Plain Cheese or w/a Veggie Topping & Baked Beans Pasta, Salad, Vegetables, *Fruit Crisp	<u>Taco Tuesday</u> Soft Taco w/Cheese, Lettuce & Salsa & *Brown Rice, Salad, Vegetables, Fruit	Chicken Nuggets w/ Dipping Sauce, *WG Pretzel Rod or *WG Roll, & Pasta, Salad, Vegetables, Fruit	Specialty Pizza-Plain Cheese or a Veggie Topping or Chicken Fajita w/ Cheese & *Brown Rice, Salad, Vegetables, Fruit	<b>No School</b> 
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	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>10/1</b>
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Toasted Cheese on *WG Bread w/Tomato Soup or Little Caesar's Pizza-Plain Cheese or w/a Veggie Topping & Pasta, Salad, Vegetables, Fruit	<u>Brunch for Lunch</u> Sausage w/ *WG Pancakes & Syrup & Pasta, Salad, Vegetables, Warm Fruit	Chicken Nuggets w/ Dipping Sauce, *WG Pretzel Rod or *WG Roll, & Pasta, Salad, Vegetables, Fruit	Burger/ on a *WG Bun w/Cheese, Lettuce & Pickle Skin on Potatoes, & Pasta, Salad, Vegetables, Fruit	Specialty Pizza-Plain Cheese or a Veggie Topping or BBQ Riblet on *WG Bun & Baked Beans, & Pasta, Salad, Vegetables, Fruit
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**How Self - Serve works:** - The entrée is served.  
-Side items are self-serve.  
-Students may select Rice/Pasta, Salad w/Spring Mix, fruits, and vegetables.

**Elementary Kitchen Contacts & Kitchen Numbers** Pattison: Cindy Miller 831-4017, CLS: Tedi Blinkhorn 248-5445, BES: Char Rathel 575-1605, Mulberry: Modene Brockman 722-4867, McCormick: Mary Deel 677-6246, Meadowview: Marci Thomayer 722-4834.  
Please make separate lunch checks payable to Milford Nutrition Services. For lunch balances or information regarding your child's lunch account, please contact the kitchen or check online for free @www.cafeprepay.com. Thank you for your support of the lunch program.

Our employees encourage & teach students to make healthy choices for a healthy lifestyle.