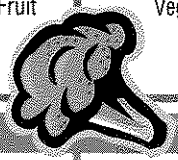
Milford Jr. High School 2010–2011 Lunch Menu

Mon. ("Bosco" Mozzarella Pizza Sticks) • Tues. (HS/Spicy Chicken Sandwich & Baked Spuds) • Wed. (Specialty Pizza) • Thurs. (HS/Spicy Chicken Sandwich & Baked Spuds) • Fri. (Specialty Pizza)

LUNCH MENU #1

Chicken Nuggets w/Dipping Sauce, Wheat Roll or ***WG Pretzel Rod**, & Pasta, Salad, Vegetables, Fruit	Sausage, ***WG Pancakes** w/Syrup, & Pasta, Salad, Vegetables, Fruit	Hot Dog on a ***WG Bun** *Super Lunch:* w/Chili & Cheese, & **Baked Beans**, Pasta, Salad, Vegetables, Fruit	Chicken Fajita Wrap w/Cheese & Salsa, & ***Brown Rice**, Salad, Vegetables, Fruit	Seafood Sandwich w/Macaroni & Cheese, & Pasta, Salad, Vegetables, Fruit

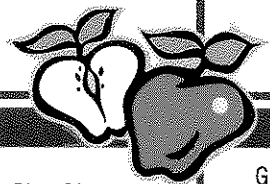


LUNCH MENU #2

Assorted Day Assorted Chicken w/Dipping Sauce, Wheat Roll or ***WG Pretzel Rod**, & Pasta, Salad, Vegetables, Fruit	Taco Meat in a ***Bag of Fritos** w/Cheese, Lettuce, Salsa, & ***Brown Rice**, Salad, Vegetables, Fruit	Country Fried Steak, Whipped Potatoes, & Pasta, Salad, Vegetables, ***Fruit Crisp**	Meatball & Cheese on a ***WG Bun**, & Pasta, Salad, Vegetables, Fruit	Toasted Cheese on ***WG Bread**, Tomato Soup w/Crackers, & Pasta, Salad, Vegetables, Fruit

LUNCH MENU #3

Chicken Tenders w/Dipping Sauce, Wheat Roll or ***WG Pretzel Rod**, *Super Lunch:* 4 Tenders, & Pasta, Salad, Vegetables, Fruit	Pulled Pork BBQ on a ***WG Bun**, & Pasta, Salad, Vegetables, Fruit	Corn Dog w/Dipping Sauce, & **Baked Beans**, Pasta, Salad, Vegetables, Fruit	Beef & Bean Burrito w/Cheese, & ***Brown Rice**, Salad, Vegetables, Fruit	4-Way Cincinnati Chili & Spaghetti, w/Cheese, Onion & Crackers, & Pasta, Salad, Vegetables, Fruit



LUNCH MENU #4

Assorted Day Assorted Chicken w/Dipping Sauce, Wheat Roll or ***WG Pretzel Rod**, & Pasta, Salad, Vegetables, Fruit	BBQ Riblet on a ***WG Bun**, & Pasta, Salad, Vegetables, Fruit	Spaghetti & Meat Sauce, w/Garlic Toast, & Pasta, Salad, Vegetables, ***Fruit Crisp**	Pizza Dippers w/ Marinara Dipping Cup, ***WG Pretzel Rod**, & Pasta, Salad, Vegetables, Fruit	Grilled Chicken Breast on, ***WG Bread**, & Pasta, Salad, Vegetables, Fruit

- **The "Regular" Lunch (daily) for $2.35**
  w/choice of all sides (except baked spuds) & milk includes the featured menu or Cheeseburger/Hamburger, Ham or Turkey on ***WG Bread**, Yogurt Meal w/***WG Fish Grahams**, or Chef Salad.
  Regular Lunches with Baked spuds $3.00
- **The "Super" Lunch for $2.85**
  w/choice of all sides (except baked spuds) & milk includes Bosco Sticks (Mon.) Home-style or Spicy Chicken Sandwich (Tues. & Thurs.) & Papa John Pizza (Wed. & Fri.) Double Cheeseburgers (served daily), Cheese Coney, Stuffed Crust Pizza, Nachos & Cheese
  Super Lunch with Baked spuds $3.50
  Baked Spuds .65 extra (with any meal).
- Extra "Regular" Entrée: $1.85
- Extra Super Lunch Entrée: $2.35
- Grab N Go Meals - $2.60 (include wraps)
- Adult Meals are $.75 more than student meals.

- This menu is subject to change without notice due to price and availability of food.
- Milk choices include: skim, 1% white, and 1% chocolate (.50).
- Self-Serve Lines ~ Students may select all sides. Whole grain options are denoted in bold w/an *. Klosterman "Harvest" whole grain bread is served in our program.
- A limit can be placed on snacks by sending a note to the cafeteria or the Nutrition Services' office.

NEW

- Breakfast will be served from 6:45–7:15 in the cafeteria. The meal will be cashless, pre-paid funds will be taken off the student's account. A breakfast menu will be distributed.
- There is a new option for students to assemble their own entreé salads.

Please make separate lunch checks payable to Milford Nutrition Services. To pay online, for lunch balances or information regarding your child's lunch account check online @ www.cafeprepay.com. Pre-paying saves your child time in line. For comments or concerns about the school lunch program contact Gerry Levy, Director of Nutrition Services, @ 831-5030 ext 13 or the kitchen manager, Becky Wulfeck, @ 248-3449.

Please save this menu; it will be used for the remainder of the school year. Additional menus may be printed from the Milford Schools' website @ www.milfordschools.org. Click on the Nutrition Services tab.

Follow the menu with its calendar day.
Each week is represented by color and represents a 4-week cycle menu.

SEPTEMBER 2010

S	M	T	W	T	F	S
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OCTOBER 2010

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31						

NOVEMBER 2010

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DECEMBER 2010

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JANUARY 2011

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FEBRUARY 2011

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MARCH 2011

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APRIL 2011

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MAY 2011

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JUNE 2011

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