

**Milford ED Kindergarten, Preschool & Head Start**  
**Lunch Price \$2.25**  
**Milk \$.50**

**September 2010 Lunch Menu**

For comments or concerns about the lunch program contact Gerry Harris @ 831-5030 ext. 13  
 To contact the school kitchen regarding your child's account call: Cindy Corbett, kitchen manager, @ 831-2819.



**White 2% milk is served with each meal/snack.**

WG foods are in bold with an asterick; other high fiber foods are in bold, only.

**Adults \$3.00**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

6      7      8      9      10

**Alternate Entrees (Served daily)**  
 -Yogurt Fun Tray w/Sunflower Seeds or String Cheese & \*WG Fish Crackers  
 -Cheese on \*WG Bread

-Hot Dog on a \*WG Bun

**Nutrition Guidelines**

-Students are encouraged to eat healthy and take sides.  
 - All cooked food is baked or steamed.  
 -Fresh fruits -daily  
 -Whole grain foods  
 Klosterman "Harvest" whole grain bread is served in our program.  
 -Reduced-fat Cheese  
 -Light Dressing  
 -Menus meet 1/3 of the RDA for protein, calcium, iron, Vitamin A and C; contain age appropriate levels of calories and fiber; do not exceed age appropriate levels of sodium and cholesterol;  
 fat content is ≤ 30%; saturated fat is <10%.  
 -We believe good nutrition begins with a complete, balanced meal. Students must have a lunch before they are permitted to purchase a la carte snacks.  
 -To meet sodium requirements of the state, condiments must be limited to two packets per meal. Because additional condiments may not be served as part of the meal, there is a charge for extra packets.

**Labor Day No School**      **Taco Tuesday**  
 Taco Beef & Cheese  
 \*Haystacks (Corn Chips) &  
 \*Brown Rice, Vegetables, Fruit

13      14      15      16      17  
 Cheeseburger/ on a \*WG Bun & Baked Beans, Vegetables, Fruit      Sausage w/\*WG Pancakes & Syrup & Juice &/or Fruit Topping(s)      Chicken Nuggets w/ Dipping Sauce & Vegetables, Fruit      \*WG School Cheese Pizza & Vegetables, Fruit      Seafood Shapes & Mac & Cheese & Vegetables, Fruit

20      21      22      23      24  
 \*WG Corn Dog & Baked Beans, Vegetables, Fruit      **Taco Tuesday**  
 Taco Beef & Cheese  
 \*Haystacks (Corn Chips) & \*Brown Rice, Vegetables, Fruit      Chicken Nuggets w/ Dipping Sauce & Vegetables, Fruit      Meatball & Marinara Sauce w/ Mozzarella Cheese on a \*WG Bun & Vegetables, Fruit      Specialty Cheese Pizza & Vegetables, Fruit

27      28      29      30      10/1  
 BBQ Riblet on a \*WG Bun & Baked Beans, Vegetables, Fruit      Pasta & Meat Sauce w/ Garlic Toast & Vegetables, \*Fruit Crisp      Chicken Nuggets w/ Dipping Sauce, & Vegetables, Fruit      \*WG School Cheese Pizza & Vegetables, Fruit      Chicken Fajita w/ Cheese & \*Brown Rice, Vegetables, Fruit

*On the following days school is closed, but the Extended Day program is open for all day care:*  
9/24, 11/2, 12/27-12/29, 2/18, 4/18-4/21.

*Please make separate lunch checks payable to Milford Nutrition Services.*

*For lunch balances or information regarding your child's lunch account, Check online for free @ [\\*\(www.cafeprepay.com\)](http://www.cafeprepay.com).*

**The specialty cheese pizza is "Little Caesars' Pizza".**

*Please save this menu; it will be used for the remainder of the school year.*

*Additional menus may be obtained on the Milford Schools' website or requested from the Extended Day office.*

(The menu is subject to change without notice due to price and availability of food)  
**Thank you for your support of the lunch program.**