


CECN & Milford Preschool 2018-19 Lunch Menu

MONDAY Vegetable of the Day... Broccoli
TUESDAY Corn Week 1&3 Potatoes week 2 & 4
WEDNESDAY Cooks Choice
THURSDAY Green Beans
FRIDAY Peas

| MENU #1 | MENU #2 | MENU #3 | MENU #4 |
|---|---|--|---|
|  Macaroni & Cheese Dinner Roll Salad Fruit | Taco Beef & Cheese w/Corn Chips Black Beans, Salad Fruit | Pizza Dippers w/Marinara Sauce Carroteenies, Salad Fruit | Cheesy Bread w/Marinara Sauce Carroteenies Salad Fruit |
| Chicken Nuggets w/Dipping Sauce Dinner Roll Carroteenies, Salad Fruit | Brunch for Lunch Pancakes & Sausage Patties Carroteenies, Salad Fruit | Taco Beef & Cheese w/Corn Chips Black Beans, Salad Fruit | Brunch for Lunch French Toast & Sausage Patties Carroteenies, Salad Fruit |
| Mini Corn Dogs w/Dipping Sauce Baked Beans Carroteenies, Salad Fruit | Boneless Chicken Wings w/Dipping Sauce Dinner Roll Baked Beans, Salad Fruit | Chicken Nuggets w/Dipping Sauce Dinner Roll Baked Beans, Salad Fruit | Popcorn Chicken w/Dipping Sauce Dinner Roll Baked Beans, Salad Fruit |
| Marco's Cheese Pizza Carroteenies, Salad Fruit | Marco's Cheese Pizza Carroteenies Salad Fruit | Cheeseburger Carroteenies Salad Fruit | Marco's Cheese Pizza Carroteenies Salad Fruit |
| Marco's Cheese Pizza Carroteenies, Salad Fruit | Chicken Patty on a Bun Baked Beans Salad Fruit | Marco's Cheese Pizza Carroteenies Salad Fruit | Ravioli w/Garlic Toast Baked Beans Salad Fruit |

| MENU #1 | MENU #2 | MENU #3 | MENU #4 |
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| Chicken Nuggets w/Dipping Sauce Dinner Roll Carroteenies, Salad Fruit | Brunch for Lunch Pancakes & Sausage Patties Carroteenies, Salad Fruit | Taco Beef & Cheese w/Corn Chips Black Beans, Salad Fruit | Brunch for Lunch French Toast & Sausage Patties Carroteenies, Salad Fruit |
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| Mini Corn Dogs w/Dipping Sauce Baked Beans Carroteenies, Salad Fruit | Marco's Cheese Pizza Carroteenies Salad Fruit | Cheeseburger Carroteenies Salad Fruit | Marco's Cheese Pizza Carroteenies Salad Fruit |
| Marco's Cheese Pizza Carroteenies, Salad Fruit | Chicken Patty on a Bun Baked Beans Salad Fruit | Marco's Cheese Pizza Carroteenies Salad Fruit | Ravioli w/Garlic Toast Baked Beans Salad Fruit |

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

| AUGUST 2018 | | | | | | | SEPTEMBER 2018 | | | | | | | OCTOBER 2018 | | | | | | | NOVEMBER 2018 | | | | | | | DECEMBER 2018 | | | | | | | JANUARY 2019 | | | | | | | FEBRUARY 2019 | | | | | | | MARCH 2019 | | | | | | | APRIL 2019 | | | | | | | MAY 2019 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------|----|----|----|----|----|---|----------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | | | | | | | | | | | | | | | | | | | | | |
| 1 | 2 | 3 | 4 | | | | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | | | | | | | | | | | | |
| 7 | 8 | 9 | 10 | 11 | | | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | | | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | | | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 26 | 27 | 28 | 29 | 30 | 31 | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | | 28 | 29 | 30 | 31 | | |



| CECN BREAKFAST | MON | TUES | WED | THURS | FRI |
|--|--|---|--|--|---------------------------------|
| Apple Granola Square & Yogurt Juice/Fruit/Milk | Cherry-Apple Crunch Bar Fruit/Juice/Milk | Cereal & String Cheese Fruit/Juice/Milk | Lemon-Chip Crunch Bar Fruit/Juice/Milk | Granola Cinnamon Square & String Cheese Fruit/Juice/Milk | Alternate Entree: ZeeZee Bar |

For a complete breakfast students must select 1/2 cup fruit or juice.

LUNCH PRICES
 CECN: \$3.00
 Preschool: \$2.50
 Reduced Price Meal: \$0.40
 Adult Meal: \$3.75
 Extra Milk: \$0.50

BREAKFAST PRICES
 CECN: \$1.50
 Reduced Price Breakfast: \$0.30
 Extra Milk: \$0.50
 Adult Meals: \$2.25

Menu is subject to change.

- **Alternate Entrees:** Preschool Yogurt, String Cheese & Fish Crackers CECN Cheeseburger, Chicken Nuggets or Yogurt, String Cheese & Fish Crackers
- For more details regarding Nutrition Services, visit the website at www.milfordschools.org.
- Breakfast Milk is for-free or 1% white
- Lunch Milk is for-free or 1% white & for-free chocolate
- All Gains are Whole Grain
- Please make checks payable to Milford Nutrition Services. Pre-paying saves your child time in the lunch line. To check meal account balances, view a detailed list of payments received and items purchased, or to make a payment to your child's meal account - log into www.spssezpy.com/Milford/ezpy/login.aspx or check with Gail Aguir, the person in charge at 831-2819.
- For Questions regarding the program, contact Gerry Levy, Nutrition Services' Director at 513-576-2292.

