

# Milford High School Lunch Menu

2018-2019



Regular Lunch \$2.75

Super Nachos & Cheese Meal \$3.25  
(Available in serving area near registers.)

January 7– March 31 Note: “No School” Days are not marked.

	WEEK 1 1/7-1/11, 2/4-2-8, 3/4-3-8	WEEK 2 1/14-1/18, 2/11-2/15, 3/11-3/15	WEEK 3 1/21-1/25, 2/18-2/22, Spring break	WEEK 4 1/28-2/1, 2/25-3/1, 3/25-3/29	International Zone \$3.25
<b>MONDAY</b> <i>Vegetable of the Day: Peas</i>	Corn Dogs w/ Dipping Sauce  Fruit & Vegetable Bar	<b>Meatless Monday</b> Cheezy Bread w/Marinara Sauce  Fruit & Vegetable Bar	Mini Corn Dogs w/Dipping Sauce  Fruit & Vegetable Bar	<b>Meatless Monday</b> Cheese Calzone w/ Marinara Sauce  Fruit & Vegetable Bar	<b>Asia</b> Tangerine Chicken Served w/ Brown Rice Fruit & Vegetable Bar w/Eggroll \$4.25
<b>TUESDAY</b> <i>Vegetable of the Day: Corn</i>	<b>Taco Tuesday</b> Beef Taco in a Bag w/Brown Rice & Cheese, Refried Beans Black Beans  Fruit & Vegetable Bar	<b>Taco Tuesday</b> Chicken & Cheese or Cheese or Refried Bean Quesadilla w/Brown Rice & Cheese Black Beans Fruit & Vegetable Bar  Toppings Bar : Lettuce, Salsa and Sour Cream	<b>Taco Tuesday</b> Chicken Fajita w/Brown Rice & Cheese, Refried Beans Black Beans  Fruit & Vegetable Bar	<b>Taco Tuesday</b> Beef Soft Taco w/Brown Rice & Cheese, Refried Beans Black Beans  Fruit & Vegetable Bar	<b>Mexico</b> Loaded Nachos OR Burrito Bar w/Beef, Chicken, or Bean Fruit & Vegetable Bar
<b>WEDNESDAY</b> <i>Vegetable of the Day: Broccoli</i>	<b>Pizza Dippers</b> w/ Marinara Sauce  Fruit & Vegetable Bar	<b>Pepperoni Calzone</b> w/ Marinara Sauce  Fruit & Vegetable Bar	<b>Meatball &amp; Cheese Hero</b>  Fruit & Vegetable Bar	<b>Riblet on a Bun</b>  Fruit & Vegetable Bar	<b>Italy</b> Pasta with Meat-Sauce or Meatballs Served w/ Garlic Toast Fruit & Vegetable Bar
<b>THURSDAY</b> <i>Vegetable of the Day: Cook's Choice of Other</i>	<b>Toasted Cheese</b> w/ Tomato Soup  Fruit & Vegetable Bar	<b>Country Steak or Chicken Drumstick</b> w/Biscuit <b>Whipped Potatoes or Chef Special</b> Fruit & Vegetable Bar	<b>Pulled Pork on a Bun</b> Macaroni & Cheese  Fruit & Vegetable Bar	<b>Country Steak or Chicken Drumstick</b> w/ Biscuit <b>Whipped Potatoes or Chef Special</b> Fruit & Vegetable Bar	<b>Greece</b> Pita Pocket filled with Hummus w/Toppings Bar Or Greek Pizza Fruit & Vegetable Bar
<b>FRIDAY</b> <i>Vegetable of the Day: Green Beans</i>	<b>Chicken Nuggets</b> w/Dipping Sauce Dinner Roll Baked Beans Fruit & Vegetable Bar	<b>Chicken Tenders</b> w/Dipping Sauce Dinner Roll Baked Beans Fruit & Vegetable Bar	<b>Chicken Nuggets</b> w/Dipping Sauce Dinner Roll Baked Beans Fruit & Vegetable Bar	<b>Chicken Tenders</b> w/Dipping Sauce Dinner Roll Baked Beans Fruit & Vegetable Bar	<b>Taste of Cincinnati</b> Cheese Coney or 3- Way w/Cincinnati Chili Fruit & Vegetable Bar

The menu is subject to change without notice due to price or availability of products.

This institution is an equal opportunity provider.

## Milford Eagles Way Eatery—Alternate Daily Offerings

Meals include 2 side items fruit/ vegetable and milk (must select 1 1/2 cup fruit or vegetable with each meal).

The Fruit & Vegetable Bar includes fresh or canned fruit, romaine salad, and hot or fresh vegetables, in addition to the vegetable of day.

Weekly vegetable sub-groups include dark green, red/orange, bean, starchy, & “other”.

### Deli Destination “made to order” sandwiches

(\$3.75)

+

1 Meat

+

1 Cheese

+

#### Toppings:

Lettuce, Tomato, Spinach,  
Cucumber, Black Olives  
Onion, Green Peppers,  
Carrots, Pickles, Banana  
Peppers, Jalapeno Peppers

+

1 Sauce

### Arctic Circle Grab & Go

#### Deluxe Wraps (Premade) Variety Daily

Deli Turkey/Ham & Cheese,  
Chipotle Chicken; Chicken w/ Ranch and Vegetarian.  
\$3.75

#### Deli Sandwiches (Premade)

Variety Daily  
Turkey/Ham & Cheese  
\$2.75

#### Salads –Daily

Chef Salad – Greens with cheese, egg, deli turkey or deli ham  
\$2.75

Deluxe  
Yogurt Parfait  
w/ Honey Granola  
\$3.75

#### Deluxe Large Salads (Premade) Variety Daily

Greens with cheese, tomatoes, carrots and cucumbers

Grilled or Breaded Chicken Salad, Greek Hummus Salad  
Taco Salad and Veggie Tray  
\$3.75

Peanut Butter &  
Jelly Uncrustables  
Grape or Strawberry  
\$2.75

## Express Breakfast Daily Offerings: \$1.50

Choice of 1 single entrée w/cheese stick/yogurt or 1 double entrée

Breakfast includes 2 side items and fat-free flavored or 1% unflavored milk

### Single Breakfast Items \$1.50 May Select 1

Oatmeal Bars  
Breakfast Squares

Served with cheese stick

### Double Breakfast Entrees: \$1.50 May Select 1

Assorted Breakfast Sandwiches  
Assorted Breakfast Pizza  
Bagel with PB or PB&J Graham  
Mini-Bagels filled with Strawberry Cream Cheese  
Cinni-Minis  
Pancake & Sausage on a Stick  
Assorted Bars (Zee Zee)

### Side Items:

Students must select 1/2  
cup fruit juice,  
1/2 cup fruit, or  
1/4 cup dried fruit

Extra Side Items: \$0.50

Students who qualify for a free lunch qualify for free breakfast too!

### School Lunch Prices

**Regular Meal: \$2.75**

Includes fruit, vegetable, & milk  
Items on Menu, Hamburger/ Cheeseburger,  
Fish Sandwich

**Regular Meal w/ Spuds: \$3.50**

**Extra Entrée: \$2.25**

**Grab & Go-Regular Meal: \$2.75**

Premade Deli Sandwich, Small Salad,  
PB&J Uncrustable

**Grab & Go Regular Meal w/ Spuds: \$3.50**

**Extra Entrée: \$2.25**

**Super Meal: \$3.25**

Includes fruit, vegetable, & milk  
International Boulevard, Crispy/Spicy Chick-  
en Sandwich, Super-Bosco Sticks & Super-  
Nachos & Cheese (near registers)

**Super Meal w/ Spuds: \$4.00**

**Extra Entrée: \$2.75**

**Papa John Pizza Tuesday & Thursday**

**Marco's Pizza Wednesday**

**Deluxe Meal: \$3.75**

Individual Pizza

Deli Destination, Double-Cheese Burger  
Includes fruit, vegetable, & milk

**Deluxe Meal w/ Spuds: \$ 4.50**

**Grab & Go—Deluxe Meal: \$3.75**

Premade Wraps, Premade

Specialty Salads, Yogurt Parfait

**Grab & Go Deluxe Meal w/ Spuds: \$4.50**

**Extra Entrée: \$3.25**

**Reduced Price Meal \$0.40**

**Milk \$0.50**

Include fat– free flavored or 1% white,

**Adult Meals Regular and Grab & Go \$3.75  
& \$3.25 for Extra Entrees. Super Meal &  
Deluxe Meal Additional \$0.75 more than  
student meals**

Please make separate lunch checks payable to Milford Nutrition Services. To check meal account balances, view detailed list of payments received and items purchased or to make a payment to your child's meal account, log into [www.spsezpaymilfordexempted.com](http://www.spsezpaymilfordexempted.com) or check with the kitchen manager, **Ruthann Scarlatella**, at 513-576-2245. For more details regarding Nutrition services, visit [www.milfordschools.org](http://www.milfordschools.org).

**For comments or concerns about the lunch program,  
contact Gerry Levy at new Board location.**

This institution is an equal opportunity provider.  
Thank you for participating in the school lunch program!

**Pizza, Sandwiches & Spuds:**  
Specialty Pizza (Marco's or Papa John's)  
Super Bosco Sticks **\$3.25**  
Burgers or Fish **\$2.75**  
Crispy/ Spicy Chicken Sandwich **\$3.25**