



MILFORD

Food Services

Elementary Menu March 2010

School Lunch 1-2-3!

All school lunches include:

1. **One Entrée-see daily choices**
2. **Choice of Two Fruits &/or Vegetables:**
 - Mini Carrots,
 - Garden Salad,
 - Fresh Fruit,
 - Canned Fruit,
 - 100% Fruit Juice
3. **Choice of One 8 oz. Carton of Milk :**
 - Low-Fat Chocolate
 - Skim
 - Low-Fat White

National Nutrition Month- Focus on Nutrients in Food on Wednesdays beginning March 3rd!

Week 1: March 3rd - Focus on Calcium

Why do we need Calcium?

Calcium helps:

- *makes our bones and teeth strong
- *clot the blood
- *maintain the function of muscles & nerves

Choose milk on Wednesday, March 3rd and get a free Cow Print Photo Frame!!

Week 2: March 10th - Focus on Vitamin C

Why do we need Vitamin C?

Vitamin C helps:

- *heals cuts, bruises and broken bones
- *gums stay healthy
- *the body resist infections (colds & flu)

Choose orange juice or oranges on Wednesday, March 10th and get a free Scratch & Smell Bookmark!

Week 3: March 17th - Focus on Vitamin A

Why do we need Vitamin A?

Vitamin A helps:

- *eyes adjust to dim light
- *keep skin smooth and healthy
- *promotes growth

Choose mini carrots on Wednesday, March 17th and get a free Shamrock Pencil!

Week 4: March 24th - Focus on a Complete School Lunch

What is a Complete School Lunch? (See top center)

School lunch offers a balanced meal that meets 1/3 of the nutrients your child needs every day for growth & good health while limiting the fat content and increasing fiber.

Choose an entrée, 2 fruits and/or vegetables and a milk on Wednesday, March 24th and get a free Nutrition Team Eraser!!

Monday, March 1

Choice of One

- ◆ Hot Dog on a Bun
Pasta Shapes
Carrots
- ◆ Bagel & Yogurt
- ◆ Fruit & Cottage
Cheese Salad
- ◆ Ham & Cheese
on a Hard Roll

Tuesday, March 2

Choice of One

- ◆ French Toast
Sticks
Turkey Sausage
Links
Warm Apple Slices
- ◆ Bagel & Yogurt
- ◆ Greek Salad
- ◆ Turkey on a
Hard Roll

Wed., March 3

*Buy Lunch & Choose
Milk & Get a free
Cow Print Photo Frame!*

SOUP DAY!! Choice of One

- ◆ Toasted Cheese
Tomato Rice Soup
Frozen Fruit Treats
- ◆ Bagel & Yogurt
- ◆ Chicken Caesar
Salad
- ◆ Bologna
on a Hard Roll

Thurs., March 4

Choice of One

- ◆ Chicken Patty on
a Multigrain Roll
Lettuce & Tomato
Pasta Shapes
- ◆ Bagel & Yogurt
- ◆ Turkey, Ham &
Cheese Chef
- ◆ Tuna Sub

Friday, March 5

Choice of One

- ◆ Personal Pizza
Garden Salad w/
Low Fat Dressing
- ◆ Baked Fish
w/Dinner Roll
- ◆ Bagel & Yogurt
- ◆ Macaroni & Tuna
Chef
- ◆ Combo Sub

Monday, March 8

Choice of One

- ◆ Meatball Grinder
Green Beans
- ◆ Bagel & Yogurt
- ◆ Fruit & Cottage
Cheese Salad
- ◆ Ham & Cheese
on a Hard Roll

Tuesday, March 9

Choice of One

- ◆ Chicken Quesadilla
Corn
Salsa
Sour Cream
- ◆ Bagel & Yogurt
- ◆ Greek Salad
- ◆ Turkey on a
Hard Roll

Wed., March 10

*Buy Lunch & Choose an
Orange or Orange Juice
& Get a Scratch &
Smell Bookmark!!*

Choice of One

- ◆ Macaroni & Cheese
Frozen Fruit Treats
Mixed Vegetable
- ◆ Bagel & Yogurt
- ◆ Chicken Caesar
Salad
- ◆ Bologna
on a Hard Roll

Thurs., March 11

Choice of One

- ◆ Teriyaki Chicken
Dippers
Vegetable Medley
Rice
- ◆ Bagel & Yogurt
- ◆ Turkey, Ham &
Cheese Chef
- ◆ Tuna Sub

Friday, March 12

Choice of One

- ◆ Stuffed Crust Pizza
Garden Salad w/
Low Fat Dressing
- ◆ Baked Fish
w/Dinner Roll
- ◆ Bagel & Yogurt
- ◆ Macaroni & Tuna
Chef
- ◆ Combo Sub

Monday, March 15

Choice of One

- ◆ Chicken Patty on a Wheat Bun Lettuce & Tomato
- ◆ Bagel & Yogurt
- ◆ Fruit & Cottage Cheese Salad
- ◆ Ham & Cheese on a Hard Roll

Tuesday, March 16

Choice of One

- ◆ Diced Turkey Mashed Potatoes Gravy Corn Dinner Roll
- ◆ Bagel & Yogurt
- ◆ Greek Salad
- ◆ Turkey on a Hard Roll

Wed., March 17

Green Jello w/Every Lunch Buy Lunch & Choose Mini Carrots & Get a Shamrock Pencil!
Choice of One

- ◆ Italian Dunkers Soft Bread Sticks Zesty Meat Sauce Mini Carrots
- ◆ Corned Beef on Rye w/ Potato Salad
- ◆ Bagel & Yogurt
- ◆ Chicken Caesar Salad
- ◆ Bologna on a Hard Roll

Thurs., March 18

Choice of One

- ◆ Chicken Nuggets Oven Roasted Potatoes Fresh Fruit
- ◆ Bagel & Yogurt
- ◆ Turkey, Ham & Cheese Chef
- ◆ Tuna Sub

Friday, March 19

Choice of One

- ◆ Pizza Square Garden Salad w/ Low Fat Dressing
- ◆ Baked Fish w/Dinner Roll
- ◆ Bagel & Yogurt
- ◆ Macaroni & Tuna Chef
- ◆ Combo Sub

Monday, March 22

Choice of One

- ◆ Cheeseburger or Veggie Burger on a Multigrain Roll Lettuce & Tomato Corn
- ◆ Bagel & Yogurt
- ◆ Fruit & Cottage Cheese Salad
- ◆ Ham & Cheese on a Hard Roll

Tuesday, March 23

Choice of One

- ◆ Waffle Sticks Turkey Sausage Links Warm Pear Slices
- ◆ Bagel & Yogurt
- ◆ Greek Salad
- ◆ Turkey on a Hard Roll

Wed., March 24

Choose an Entrée, 2 Fruits, and/or Vegetables and a Milk and get a free Nutrition Team Eraser!

Choice of One

- ◆ Turkey Tacos w/Baked Scoops Lettuce & Tomato Shredded Cheddar Cheese Salsa
- ◆ Bagel & Yogurt
- ◆ Chicken Caesar Salad
- ◆ Bologna on a Hard Roll

Thurs., March 25

Choice of One

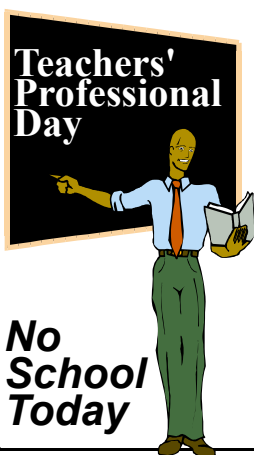
- ◆ Popcorn Chicken Egg Bows Peas & Carrots
- ◆ Bagel & Yogurt
- ◆ Turkey, Ham & Cheese Chef
- ◆ Tuna Sub

Friday, March 26

Choice of One

- ◆ Big Daddy's Harvest Pizza Garden Salad w/ Low Fat Dressing
- ◆ Baked Fish w/Dinner Roll
- ◆ Bagel & Yogurt
- ◆ Macaroni & Tuna Chef
- ◆ Combo Sub

Monday, March 29



Tuesday, March 30

Choice of One

- ◆ Cheese Quesadillas Corn Salsa Sour Cream
- ◆ Bagel & Yogurt
- ◆ Greek Salad
- ◆ Turkey on a Hard Roll

Wed., March 31

Choice of One

- ◆ Ziti w/Meat Sauce Garden Salad w/ Dressing Italian Bread Fresh Broccoli Florets
- ◆ Bagel & Yogurt
- ◆ Chicken Caesar Salad
- ◆ Bologna on a Hard Roll

DEPOSIT SLIP

NAME _____

ROOM _____

ACCOUNT CASH\$ _____

LUNCHES \$ _____

*BREAKFAST\$ _____

TOTAL\$ _____

Make Checks Payable to:
Milford School Food Services

Please put your child's name on your check.
*Breakfast available only at: Kennedy, Meadowside, Orange Ave., Pumpkin Delight & Simon Lake

Need Food Service Information:
Go to www.milfordfs.org
Find:

- Menus
- Payment Information
- Employment Opportunities
- Free & Reduced Price Meal Applications (2009-2010)
- Frequently Asked Questions

| | PRICES 2009-2010 | |
|------------|------------------|-----------|
| | Lunch | Breakfast |
| Adult | \$2.50 | \$ 1.25 |
| Elementary | \$2.00 | \$ 1.00 |
| Reduced | \$.40 | \$.30 |
| Free | Free | Free |

**Prepayment Bonus Plan
Elementary School Students:**

Deposit \$80.00 and receive
4 extra lunches (total value \$88.00)!

- How can I limit how my child spends money?
3 Deposit Choices:**
1. Deposit all money into account cash to purchase lunches, snacks or milk (least restrictive).
 2. Deposit all money into lunches only to purchase only lunches—no money for milk or snacks (most restrictive).
 3. Deposit some money into lunches only and some money into account cash to purchase milk or snacks.

**Prepay with a Credit Card at
myLunchMoney.com**

Parents can pay for school lunches using a credit card and check student account balance through the website myLunchMoney.com.
All you need is your child's name, grade, full student id number, and birth date.