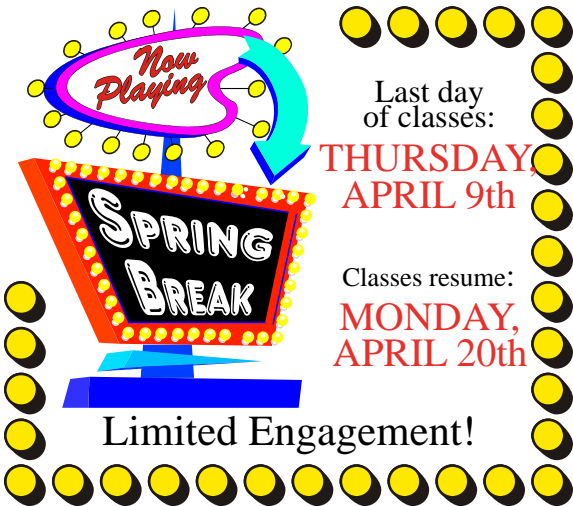




MILFORD Food Services

Middle School Menu - April 2009



Last day
of classes:
**THURSDAY
APRIL 9th**

Classes resume:
**MONDAY,
APRIL 20th**

Need Food Service

Information:

Go to www.milfordfs.org

Find:

- Menus
- Payment Information
- Employment Opportunities
- Free & Reduced Price Meal Applications (Accepted all year)
- Frequently Asked Questions

PRICES 2008-2009

	Lunch	Breakfast
Adult	\$2.75	\$1.50
Middle	\$2.25	\$1.25
Reduced \$.40	\$.30
Free	Free	Free

Prepayment Bonus Plan Middle School Students:

Deposit \$90.00 and receive
4 extra lunches (total value \$99.00)!

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.

Visit myLunchMoney.com for more information.

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. Plastic Container of Milk :**
 - Low-Fat Chocolate
 - Skim
 - Low-Fat White

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.

Wed., April 1

Choice of One

- ◆ Cheese Quesadillas
- ◆ Rice
- ◆ Corn
- ◆ Salsa
- ◆ Pizza
- ◆ Chicken Caesar Salad
- ◆ Made-to-Order Deli Sandwiches

Thursday, April 2

Choice of One

- ◆ Chicken Patty on a Bun
- ◆ Lettuce & Tomato Pasta Salad
- ◆ Pizza
- ◆ Mexican Bean Salad
- ◆ Made-to-Order Deli Sandwiches

Friday, April 3

Choice of One

- ◆ Cheese, Pepperoni or Vegetable Pizza
- ◆ Macaroni & Tuna Chef
- ◆ Made-to-Order Deli Sandwiches

Monday, April 6

OPENING DAY BASEBALL!!

Buy Lunch & Get a
Chance to Win a Prize!!

Choice of One

- ◆ Long Chili Dog on a Bun
- ◆ Sauerkraut
- ◆ Onion Rings
- ◆ Pizza
- ◆ Teriyaki Chicken Chef
- ◆ Made-to-Order Deli Sandwiches

Tuesday, April 7

Choice of One

- ◆ Cheeseburger on a Wheat Bun
- ◆ Lettuce & Tomato Egg Bows
- ◆ Pickles
- ◆ Pizza
- ◆ Greek Salad
- ◆ Made-to-Order Deli Sandwiches

Wed., April 8

Choice of One

- ◆ Italian Dunkers
- ◆ Soft Bread Sticks
- ◆ Zesty Meat Sauce
- ◆ Side Pasta
- ◆ Green Beans
- ◆ Pizza
- ◆ Chicken Caesar Salad
- ◆ Made-to-Order Deli Sandwiches

Thursday, April 9

Choice of One

- ◆ Chicken Nuggets
- ◆ Oven Fries
- ◆ Carrots
- ◆ Dinner Roll
- ◆ Pizza
- ◆ Mexican Bean Salad
- ◆ Made-to-Order Deli Sandwiches

Friday, April 10

Easter Holiday



No School



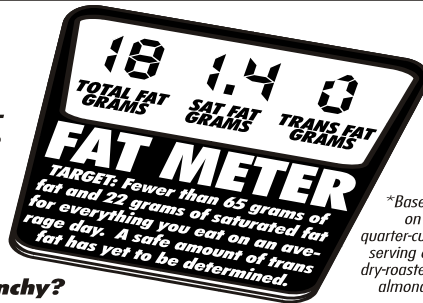
FIT FAT

WANNA STAY FIT?
FIGHT THE FAT!



ITEM: Almonds
VERDICT: Snacktastic!

TIP: Next time you're looking for something salty and crunchy to snack on, skip the chips and go for some almonds. They're one of the high-fat foods that are actually good for you. That's because almost all of the fat in almonds is monounsaturated and very little is saturated. Plus they give you vitamins, minerals, and fiber. And did we mention that they're salty and crunchy?



*Based on a quarter-cup serving of dry-roasted almonds

Monday, April 20

Earth Week Celebration!!
April 21st — 24th
Choice of One

- ◆ Pork Chop
- ◆ Mashed Potatoes
- ◆ Gravy
- ◆ Vegetable Medley
- ◆ Dinner Roll
- ◆ Pizza
- ◆ Teriyaki Chicken Chef
- ◆ Made-to-Order
- ◆ Deli Sandwiches

Tuesday, April 21

Dirt Cups
For Sale \$.75
Choice of One

- ◆ Ziti w/Meatballs
- ◆ Italian Bread
- ◆ Green Beans
- ◆ Pizza
- ◆ Greek Salad
- ◆ Made-to-Order
- ◆ Deli Sandwiches

Wed., April 22

Dirt Cups
For Sale \$.75
Choice of One

- ◆ Beef Nachos w/Scoops
- ◆ Lettuce & Tomato
- ◆ Cheese Sauce
- ◆ Rice
- ◆ Corn
- ◆ Salsa
- ◆ Pizza
- ◆ Chicken Caesar Salad
- ◆ Made-to-Order
- ◆ Deli Sandwiches

Thursday, April 23

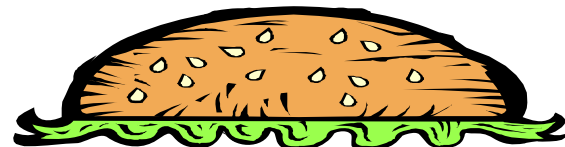
Dirt Cups
For Sale \$.75
Choice of One

- ◆ Popcorn Chicken
- ◆ Oven Roasted
- ◆ Red Bliss Potatoes
- ◆ Mixed Vegetable
- ◆ Dinner Roll
- ◆ Pizza
- ◆ Mexican Bean Salad
- ◆ Made-to-Order
- ◆ Deli Sandwiches

Friday, April 24

Dirt Cups
For Sale \$.75
Choice of One

- ◆ Cheese, Pepperoni or Vegetable Pizza
- ◆ Macaroni & Tuna Chef
- ◆ Made-to-Order
- ◆ Deli Sandwiches



NUTRITION TO GO

A baked potato with broccoli - and (if you like) just a little bacon, cheese, sour cream, or butter - is a nutritious option for lunch or dinner, loaded with fiber, vitamins, and minerals. Plus, stuffed baked potatoes are inexpensive, easy to prepare, and very filling.

A TASTY MORSEL FOR TEENAGERS

Monday, April 27

Choice of One

- ◆ Pizza Dippers
- ◆ Marinara Sauce
- ◆ Side Pasta
- ◆ Broccoli
- ◆ Pizza
- ◆ Teriyaki Chicken Chef
- ◆ Made-to-Order
- ◆ Deli Sandwiches

Tuesday, April 28

Choice of One

- ◆ Teriyaki Chicken Dippers
- ◆ Rice
- ◆ Peas
- ◆ Pizza
- ◆ Greek Salad
- ◆ Made-to-Order
- ◆ Deli Sandwiches

Wed., April 29

Choice of One

- ◆ Macaroni & Cheese
- ◆ Mixed Vegetables
- ◆ French Bread
- ◆ Pizza
- ◆ Chicken Caesar Salad
- ◆ Made-to-Order
- ◆ Deli Sandwiches

Thursday, April 30

Choice of One

- ◆ Soft Beef Taco
- ◆ Mexican Rice
- ◆ Lettuce & Tomato
- ◆ Shredded Cheddar
- ◆ Salsa
- ◆ Pizza
- ◆ Mexican Bean Salad
- ◆ Made-to-Order
- ◆ Deli Sandwiches

Word of the Month
con·fi·dence

n. 1. Trust or faith in a person or thing 2. self-assurance; a strong and justified belief in one's self and one's abilities, without arrogance

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: West Shore Middle School