



# MILFORD

# Food Services

**Middle School Menu - June 2009**

### Important Information

Parents are reminded to deposit money into their child's school meal account in order to purchase lunch through the end of the school year.

All negative balances **MUST** be paid by the close of school, Thursday, June 25, 2009.

Student account balances remaining on the last day of school will be carried over for the start of the new school year.

If you are moving out of district, please contact the Food Services Department at 783-3490.

### PRICES 2008-2009

	<u>Lunch</u>	<u>Breakfast</u>
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](http://myLunchMoney.com)

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

Visit [myLunchMoney.com](http://myLunchMoney.com) for more information.

### 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.

### Monday, June 1

#### Choice of One

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

### Tuesday, June 2

#### Choice of One

- ◆ Baked Chicken Mashed Potatoes  
Gravy  
Green Beans  
Dinner Roll
- ◆ Pizza
- ◆ Greek Salad
- ◆ Made-to-Order Deli Sandwiches

### Wed., June 3

#### Choice of One

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

### Thursday, June 4

#### Choice of One

- ◆ Popcorn Chicken  
Egg Bows  
Peas  
Dinner Roll
- ◆ Pizza
- ◆ Mexican Bean Salad
- ◆ Made-to-Order Deli Sandwiches

### Friday, June 5

#### Choice of One

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

### Monday, June 8

#### Choice of One

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

### Tuesday, June 9

#### Choice of One

- ◆ Chicken Quesadillas  
Mexican Rice  
Corn  
Salsa  
Sour Cream
- ◆ Pizza
- ◆ Greek Salad
- ◆ Made-to-Order Deli Sandwiches

### Wed., June 10

#### Choice of One

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

### Thursday, June 11

#### Choice of One

- ◆ Teriyaki Chicken Dippers  
Rice  
Carrots
- ◆ Pizza
- ◆ Mexican Bean Salad
- ◆ Made-to-Order Deli Sandwiches

### Friday, June 12

#### Celebrate Flag Day!! Red, White & Blue Jello w/Every Lunch Choice of One

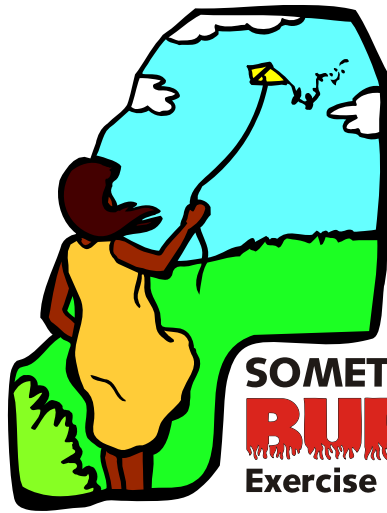
- ◆ Cheese, Pepperoni or Vegetable Pizza
- ◆ Macaroni & Tuna Chef
- ◆ Made-to-Order Deli Sandwiches

### DEPOSIT SLIP

NAME \_\_\_\_\_  
ROOM \_\_\_\_\_  
ACCOUNT CASH\$ \_\_\_\_\_  
LUNCHES \$ \_\_\_\_\_  
\*BREAKFAST\$ \_\_\_\_\_  
TOTAL\$ \_\_\_\_\_

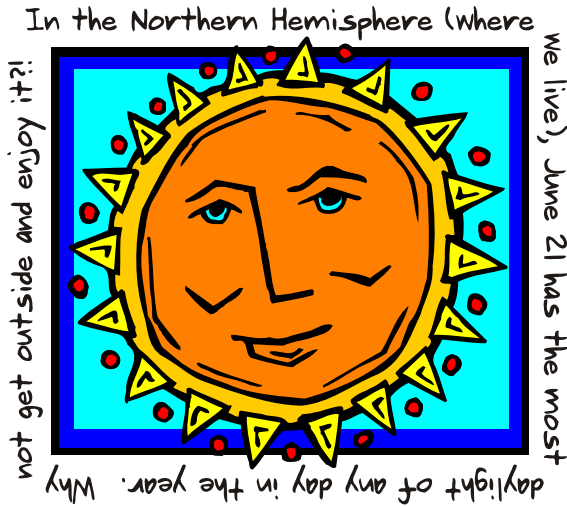
Make Checks Payable to:  
Milford School Food Services  
Please put your child's name on your check.

\*Breakfast available only at: West Shore Middle School



Flying a kite isn't just for little kids! Kite flying works your arms and legs (especially in a strong breeze!), and you can burn 300 calories in an hour.

**SOMETHING'S BURNING**  
Exercise for good health



**Monday, June 15**

*Choice of One*

- ◆ Chicken Patty on a Wheat Bun  
Lettuce & Tomato  
Egg Bows
- ◆ Pizza
- ◆ Teriyaki Chicken Chef
- ◆ Made-to-Order Deli Sandwiches

**Tuesday, June 16**

*Choice of One*

- ◆ Toasted Cheese Macaroni Salad  
Corn
- ◆ Pizza
- ◆ Greek Salad
- ◆ Made-to-Order Deli Sandwiches

**Wed., June 17**

*Choice of One*

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

**Thursday, June 18**

*Choice of One*

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

**Friday, June 19**

*Choice of One*

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

**Monday, June 22**

*Choice of One*

- ◆ Cheeseburger on a Bun  
Lettuce & Tomato  
Pickles  
Hash Brown Potatoes
- ◆ Pizza
- ◆ Teriyaki Chicken Chef
- ◆ Made-to-Order Deli Sandwiches

**Tuesday, June 23**

*Choice of One*

- ◆ Popcorn Chicken  
Pasta Salad  
Mixed Vegetables  
Dinner Roll
- ◆ Pizza
- ◆ Greek Salad
- ◆ Made-to-Order Deli Sandwiches

**Wed., June 24**

*Choice of One*

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

**Thursday, June 25**

*Choice of One*

- ◆ Cheese, Pepperoni or Vegetable Pizza
- ◆ Mexican Bean Salad
- ◆ Made-to-Order Deli Sandwiches

**Friday, June 19**

**JUNE BIRTHDAYS**

- Angelina Jolie (34) -- June 4
- Sasha Obama (8) -- June 10
- Shia LaBeouf (23) -- June 11
- George H. W. Bush (85) -- June 12
- Derek Jeter (35) -- June 26
- Michael Phelps (24) -- June 30

**FIT FAT**  
WANNA STAY FIT?  
FIGHT THE FAT!

**ITEM: Baked Sweet Potato Fries**  
**VERDICT: Indulge**



**TIP:** Sweet potatoes are one of the healthiest foods you can put in your mouth. So why not put a few sweet potato fries in your mouth once in awhile instead of french fries?

**THANKS!**

WE'RE GLAD WE HAD THE CHANCE TO SERVE YOU THIS SCHOOL YEAR AND LOOK FORWARD TO SEEING YOU AGAIN NEXT YEAR. IF YOU'RE GRADUATING, CON-GRATULATIONS AND GOOD LUCK -- WE'LL MISS YOU