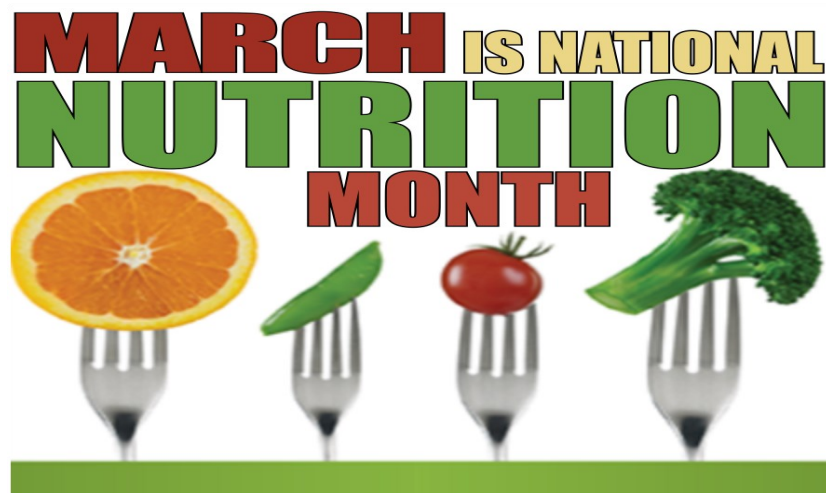




MILFORD

Food Services

Middle School Menu - March 2020




What is included with a School Lunch?

Choose 1 Entrée Item:
 Hot Meal of the Day
 Pizza Meal
 Made-To_Order Boars Head Deli Sandwich or Salad s
 Alternate Meals Available Daily

Choose 1 or 2 Vegetables:
 Daily Rainbow Vegetable Selections; Mini Carrots, Leafy Green Salads, Seasonal Local Vegetable, Chic Peas or Beans, Dragon Vegetable Juice

Choose 1 or 2 Fruit: Seasonal Fresh, Canned or Fruit Juice (only 2 days per week)

Choose 1 8-oz. Milk:
 Fat Free Flavored Milk
 Fat Free Milk
 1% Low-Fat Milk

Healthy Foods Sold Separately: LF Ice Cream, Cookies, Crackers, Fruits, Baked Chips

Daily Alternates

- ◆ Made to Order Boars Head Deli Bar
- ◆ Chef Salad
- ◆ Whole Wheat Bagel/ String Cheese & Yogurt Plate
- ◆ Sun Butter & Grape Jelly Sandwich Meal

Monday, March 2

Choice of One Entrée:

- ◆ Mini Pancakes
- Turkey Sausage Hash Browns
- Warm Cinnamon Pears

Dragon Vegetable Juice
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Tuesday, March 3

Choice of One Entrée:

- ◆ Popcorn Chicken w/ Egg Bow Pasta

Bananas
 Clementine's
 Green Beans

Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Wednesday, March 4

Choice of One Entrée:

- ◆ Beef or Garden Burger w/Cheese on a Wheat Bun w/Lettuce & Tomato
- ◆ Chicken Caesar Wrap or Salad

Sweet Potato Lattice Fries
 Grapes

Sweet Potato Crinkle Fries
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Thursday, March 5

No School!

Staff Development Day

Friday, March 6

Choice of One Entrée:

- ◆ Big Daddy's Pizza (Plain, Pepperoni or Vegetable)
- ◆ Potato Crusted Fish w/ Lemon & Dinner Rolls

Mini Carrots
 Green Peas
 Dragon Vegetable Juice

Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Daily Alternates

- ◆ Made to Order Boars Head Deli Bar
- ◆ Chef Salad
- ◆ Whole Wheat Bagel/ String Cheese & Yogurt Plate
- ◆ Sun Butter & Grape Jelly Sandwich Meal

Monday, March 9

Choice of One Entrée:

- ◆ Mozzarella Sticks w/ Marinara Sauce

Romaine Lettuce Salad with Grape Tomatoes & Cucumbers
 Apple Slices

Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Tuesday, March 10

Choice of One Entrée:

- ◆ Chicken Teriyaki Dippers w/Uncle Bens Brown Rice

Bananas
 Clementine's
 Steamed Edamame

Dragon Vegetable Juice
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Wednesday, March 11

Choice of One Entrée:

- ◆ All Beef Hot Dog on a Whole Wheat Bun
- ◆ Chicken Caesar Wrap or Salad

Grapes
 Baked Beans

Sweet Potato Lattice Fries

Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Thursday, March 12

Choice of One Entrée:

- ◆ Chicken Tenders & Waffles Hash Browns

Warm Cinnamon Pear
 Mini Carrots
 Apple Slices

Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Friday, March 13

Choice of One Entrée:

- ◆ Sal's Fresh Pizza Slices Choice of Cheese or White Garlic (Plain, Pepperoni or Vegetable)
- ◆ Potato Crusted Fish w/ Lemon & Dinner Rolls
- ◆ Tuna Melt on Ciabatta or Vegetarian Sandwich or Sala

Romaine Lettuce Salad with Grape Tomatoes & Cucumbers
 Dragon Vegetable Juice

Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Daily Alternates

- ◆ Made to Order Boars Head Deli Bar
 - ◆ Chef Salad
 - ◆ Whole Wheat Bagel/ String Cheese & Yogurt Plate
 - ◆ Sun Butter & Grape Jelly Sandwich Meal
- NEW!** Fruit & Yogurt Parfait

Monday, March 16

Choice of One Entrée:


- ◆ Chicken & Cheese Quesadilla w/ Sour cream & Salsa

Refried Beans
Oven Roasted Zucchini
Apple Slices
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Tuesday, March 17

Happy St. Patrick's Day!

Choice of One Entrée:

- ◆ Philly Cheese Steak on a Whole Wheat Grinder Roll
Mushrooms & Onions 
- ◆ Corn Beef on Rye Bread w/ Potato Salad

Potato Salad
Bananas
Clementine's
Dragon Vegetable Juice
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Wednesday, March 18

Choice of One Entrée:



- ◆ Toasted Cheddar Cheese Sandwich w/w/o Spinach & Tomato
Tomato Soup

- ◆ Chicken Caesar Wrap or Salad

Grapes
Crunchy Cucumbers & Carrots
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Thursday, March 19

Choice of One Entrée:

- ◆ Chicken Patty on a Wheat Bun Lettuce & Tomato

Spicy Curly Fries
Celery & Carrot Sticks with Dip
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Friday, March 20

Choice of One Entrée:

- ◆ Big Daddy's Pizza (Plain, Pepperoni or Vegetable)
- ◆ Potato Crusted Fish w/Lemon & Dinner Rolls
- ◆ Tuna Melt on Ciabatta or Vegetarian Sandwich or Sala

Baby Spinach Salad
Dragon Vegetable Juice
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Daily Alternates

- ◆ Made to Order Boars Head Deli Bar
 - ◆ Chef Salad
 - ◆ Whole Wheat Bagel/ String Cheese & Yogurt Plate
 - ◆ Sun Butter & Grape Jelly Sandwich Meal
- NEW!** Fruit & Yogurt Parfait

Monday, March 23

Choice of One Entrée:



- ◆ Macaroni & Cheese & Corn Dogs

Fresh Broccoli
Apple Slices
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Tuesday, March 24

Choice of One Entrée:

- ◆ Chicken Nachos w/Cheese Tortilla Scoops
Salsa
Sour Cream

Bananas
Clementine's
Seasoned Black Beans
Dragon Vegetable Juice
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Wednesday, March 25

Choice of One Entrée:

- ◆ Beef or Garden Burger w/ Cheese, Bacon on a Wheat Bun w/Lettuce & Tomato

- ◆ Chicken Caesar Wrap or Salad

Grapes
Roasted Butternut Squash
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Thursday, March 26

Choice of One Entrée:

- ◆ Chicken Tenders
Spicy Curly Fries
Dinner Roll

- ◆ Chicken Caesar Wrap or Salad

Veggie Sticks With LF Dip
Apple Slices
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Friday, March 27

Choice of One Entrée:

- ◆ Big Daddy's Pizza (Plain, Pepperoni or Vegetable)
- ◆ Potato Crusted Fish w/ Lemon & Dinner Rolls
- ◆ Tuna Melt on Ciabatta or Vegetarian Sandwich or Sala

Mesclun Mix Salad
Dragon Vegetable Juice
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Daily Alternates

- ◆ Made to Order Boars Head Deli Bar
 - ◆ Chef Salad
 - ◆ Whole Wheat Bagel/ String Cheese & Yogurt Plate
 - ◆ Sun Butter & Grape Jelly Sandwich Meal
- NEW!** Fruit & Yogurt Parfait

Monday, March 30

Choice of One Entrée:



- ◆ Riches Breaded Buffalo Cheese Crunchers

Fresh Green Beans
Apple Slices
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Tuesday, March 31

Choice of One Entrée:

- ◆ Mini Pancakes
Turkey Sausage
Hash Browns
Warm Cinnamon Pears

Bananas
Clementine's
Mini Carrots
Dragon Vegetable Juice
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

MIDDLE SCHOOL PRICES 2019-2020

	<u>Breakfast</u>	<u>Lunch</u>
Adult	\$1.95	\$3.70/\$3.95
Student	\$1.70	\$3.05/\$3.30
Reduced	\$.30	\$.40
Free	Free	Free

