

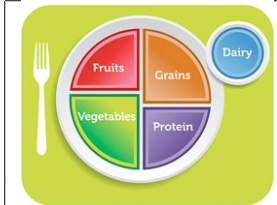


MILFORD

Food Services

Elementary Menu - March 2020

MARCH IS NATIONAL NUTRITION MONTH



What is included with a School Lunch?

Choose 1 Entrée Item:

Hot Meal of the Day
Boars Head Sandwich or Salad
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 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

Daily Alternates

- ◆ Whole Wheat Bagel/ String Cheese & Yogurt Plate
- ◆ Chef Salad
- ◆ Sun Butter & Grape Jelly Sandwich Meal

Monday, March 2

Choice of One Entrée:

- ◆ Mini Pancakes
Turkey Sausage
Warm Cinnamon Pears
- ◆ Boar's Head Oven Roasted Chicken & Cheese Sandwich or Salad

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
- ◆ Boar's Head Ham & Cheese Sandwich or Salad

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
- ◆ Boar's Head Turkey & Cheese Sandwich or Salad.
- ◆ Chicken Caesar Wrap or Salad

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:

- ◆ French Bread Pizza (Plain, Pepperoni or Vegetable)
- ◆ Potato Crusted Fish w/ Lemon Dinner Roll
- ◆ Tuna or Vegetarian Sandwich or Salad

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

Daily Alternates

- ◆ Whole Wheat Bagel/ String Cheese & Yogurt Plate
- ◆ Chef Salad
- ◆ Sun Butter & Grape Jelly Sandwich Meal

Monday, March 9

Choice of One Entrée:

- ◆ Mozzarella Sticks w/ Marinara Sauce
- ◆ Boar's Head Oven Roasted Chicken & Cheese Sandwich or Salad

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
- ◆ Boar's Head Ham & Cheese Sandwich or Salad

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:

- ◆ Turkey Hot Dog on a Whole Grain Bun
- ◆ Boar's Head Turkey & Cheese Sandwich or Salad.
- ◆ Chicken Caesar Wrap or Salad

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

Thursday, March 12

Choice of One Entrée:

- ◆ Chicken Nuggets w/ Dinner Roll
- ◆ Tuna or Vegetarian Sandwich or Salad
- ◆ Chicken Caesar Wrap or Salad

Potato Smiles
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 Roll
 - ◆ Tuna or Vegetarian Sandwich or Salad
- Romaine Lettuce Salad with Grape Tomatoes & Cucumbers*
Dragon Vegetable Juice
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Daily Alternates

- ◆ Whole Wheat Bagel/ String Cheese & Yogurt Plate
- ◆ Chef Salad
- ◆ Sun Butter & Grape Jelly Sandwich Meal

NEW! Bento Box

Monday, March 16

Choice of One Entrée:

- ◆ Cheese Quesadilla w/ Salsa
- ◆ Boar's Head Oven Roasted Chicken & Cheese Sandwich or Salad

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:

- ◆ Penne Pasta w/ Meat Sauce
- ◆ Corn Beef on Rye Bread w/ Potato Salad

Bananas
Clementine's
Potato Salad
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
- ◆ Boar's Head Turkey & Cheese Sandwich or Salad.
- ◆ 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
- ◆ Tuna or Vegetarian Sandwich or Salad
- ◆ Chicken Caesar Wrap or Salad

Baked Potato Puffs
Celery & Carrot Sticks with Dip
Rainbow Vegetable or Fruit Choices
Fat Free or 1% Milk

Friday, March 20

Choice of One Entrée:

- ◆ Personal Round Pizza (Plain, Pepperoni or Vegetable)
- ◆ Potato Crusted Fish w/Lemon, Dinner Roll
- ◆ Tuna Melt on Ciabatta or Vegetarian Sandwich or Salad

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

Daily Alternates

- ◆ Whole Wheat Bagel/ String Cheese & Yogurt Plate
- ◆ Chef Salad
- ◆ Sun Butter & Grape Jelly Sandwich Meal

NEW! Bento Box

Monday, March 23

Choice of One Entrée:

- ◆ Macaroni & Cheese
- ◆ Boar's Head Oven Roasted Chicken & Cheese Sandwich or Salad

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

Tuesday, March 24

Choice of One Entrée:

- ◆ Chicken Nachos w/ Shredded Cheese, & Baked Tortilla Scoops
- ◆ Boar's Head Ham & Cheese Sandwich or Salad

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 on a Wheat Bun w/ Lettuce & Tomato
- ◆ Boar's Head Turkey & Cheese Sandwich or Salad
- ◆ 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 Drumsticks & Waffles
- ◆ Tuna or Vegetarian Sandwich or Salad
- ◆ 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:

- ◆ Stuffed Crust Pizza (Plain, Pepperoni or Vegetable)
- ◆ Potato Crusted Fish w/ Lemon, Dinner Roll
- ◆ Tuna Melt on Ciabatta or Vegetarian Sandwich or Salad

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

Daily Alternates

- ◆ Whole Wheat Bagel/ String Cheese & Yogurt Plate
- ◆ Chef Salad
- ◆ Sun Butter & Grape Jelly Sandwich Meal

NEW! Bento Box

Monday, March 30

Choice of One Entrée:

- ◆ Wild Mikes Cheesy Bites w/ Marinara Sauce
- ◆ Boar's Head Oven Roasted Chicken & Cheese Sandwich or Salad

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 Warm Cinnamon Applesauce
- ◆ Boar's Head Ham & Cheese Sandwich or Salad

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

PRICES 2019-2020

	Breakfast	Lunch
Adult	\$1.80	\$3.70/\$3.95
Student	\$1.45	\$2.80/\$3.05
Reduced	\$.30	\$.40
Free	Free	Free

