



# November 2018 MHS

 All meals are served with 1% or fat free flavored milk 

Daily meals are subject to change due to product availability. Lunch meal Lunch\$3.05

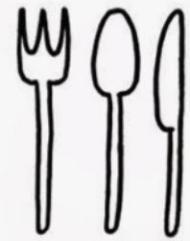
Monday	Tuesday	Wednesday	Thursday	Friday
29 <b>Turkey BLT Sub</b> Turkey Bacon Cheese Tomato Lettuce Vegetable 1 Cup Fruit 1 Cup	30 <b>Spaghetti &amp; Meatballs</b> WW Spaghetti 3oz Marinara Sauce ½ C Beef meatballs 2oz Vegetable ½ C Fruit 1 Cup	31 <b>Pulled Pork Sandwich</b> Pork WG Roll Onion Rings 3oz Vegetable 1 Cup Fruit 1 Cup	1 <b>Open Faced Tuna Melt</b> WW Bread Tuna 3oz Cheese 1 oz Baked Fries 1 Cup Fruit 1 Cup	2  <b>Sal's PIZZA</b> Vegetable Fruit
5 <b>Teriyaki Chicken &amp; Rice</b> Seasoned Chicken 3oz WG Rice 3ozoz Broccoli 1 Cup Pineapple 1 Cup Fortune Cookie	6 <b>CLOSED</b>  <b>Teacher Workshop day</b>	7 <b>Cowboy Burger</b> Beef Burger 3oz Cheese 1oz WG roll 2oz Onion Ring 3oz BBQ Sauce 2oz Vegetable 1 cup Fruit 1 Cup	8 <b>Breakfast For Lunch</b> French Toast Stix 3oz Syrup 2oz Hash Browns 1 Cup Sausage 2oz Juice 1 Cup Fruit ½ Cup	9  <b>Milford House PIZZA</b> Vegetable Fruit
12 <b>CLOSED VETERAN'S DAY</b> 	13 <b>Hard Shell Taco</b> Seasoned Meat 2oz Cheese 1 oz Corn Taco Shell 2oz Refried Beans ½ Cup Celery/Carrot Stix 1 Cup Ranch Dressing 1oz WG Rice 2oz Fruit 1 Cup	14 <b>Thanksgiving Dinner</b> Turkey 3oz Potato ½ Cup WG Stuffing 2oz Carrots ½ Cup Gravy 2oz Cranberry Sauce 1oz Fruit 1Cup	15 <b>American Chopped Suey</b> WG Pasta 3oz Marinara Sauce ½ Cup Peppers/Onions ¼ C Mixed Salad 1 Cup Italian Dressing 1oz Fruit 1 Cup	16  <b>Sal's PIZZA</b> Vegetable Fruit
19 <b>Sloppy Joe</b> Seasoned Beef w/sauce 1 Cup WG Roll 2oz Vegetable 1 Cup Fruit 1 Cup	20 <b>Milford House PIZZA</b> Vegetable 1 Cup Fruit 1 Cup	21 <b>CLOSED THANKSGIVING RECESS</b> 	22 <b>CLOSED THANKSGIVING RECESS</b> 	23 <b>CLOSED THANKSGIVING RECESS</b> 
26 <b>Grilled Cheese Sandwich</b> WG Bread 2oz Cheese 2oz Tomato Soup 1 Cup Fruit 1 Cup	27 <b>Pasta w/ Meat Sauce</b> WG Pasta 3oz Marinara Sauce ½ Cup Beef 2oz, Cheese 1oz Mixed Salad 1 Cup Italian Dressing 1oz Cantaloupe 1 Cup	28 <b>Hot Dog</b> Turkey Dog 2oz WG Bun 2oz Baked Beans ½ Cup Carrot Stix 1 Cup Dressing 1oz Mixed Fruit 1 Cup	29 <b>Fish Sandwich</b> Fish 3oz WG Roll 2oz Cheese 1oz Cole Slaw 1 Cup Grapes 1 Cup	30  <b>Sal's PIZZA</b> Vegetable Fruit

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

You now have the ability to pay for School Breakfast & Lunch online.

Monitor your child's account balance; go to- <http://ezschoolpay.com>

*Eat Green, Eat Healthy*



THE

GREEN

BAR

DREAM-ORACLE

**FULL SALAD BAR OPEN DAILY- MHS**

**MMS- Monday-Thursday**

All meals are served with 1% or Fat Free Flavored milk

Daily meals are subject to change due to product availability.

Lunch meal \$3.05 MHS/

## **Breakfast Menu** **Served Daily**

### **Breakfast Sandwich**

2oz. Whole Wheat Croissant  
1oz Turkey Sausage  
1oz. American Cheese  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### **Breakfast Cereal, Whole Grain**

Cinnamon Toast Crunch,  
Honey Nut Cheerios Golden Graham 1 cup  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### **Whole Wheat Bagel**

4oz. Bagel  
1oz Cream Cheese  
1 Piece or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### **Parfait**

Plain, Fat Free Yogurt 6oz.  
Strawberries ½ cup  
Granola 3oz  
1% or Fat Free Flavored Milk

### **Served Tuesday/ Thursday**

### **Whole Wheat Raised Donut**

3oz Donut  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### **Muffin**

Blueberry Banana Muffin, or Cinnamon Coffee Cake  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### **Served Daily**

### **Fruit Smoothie**

6oz. Plain Fat Free Yogurt  
4oz Strawberries  
4oz Banana  
2oz 100% Orange Juice

### **Sides**

Lite Cream Cheese .25, Sun Butter-2oz, Jam -1oz

**Breakfast Meal , Prices- Full Breakfast Meal- \$1.75 /Reduced .30 /Free MHS**  
**Breakfast Meal-\$1.50 /Reduced .30 /Free MMS**

# **SERVED DAILY**

## **Turkey or Ham Wrap**

Served with

WW Wrap

Cheese

Lettuce

Mustard/Mayo

Fruit or Vegetable or Both

## **Fresh Fruit Cup**

Cut up Fresh Fruit

Add Grain, Vegetable, Milk make a meal

## **Strawberry Parfait**

Granola

Strawberries/ Blueberries

Yogurt

String Cheese

Fat Free Flavored or 1% milk is offered

Additional Fruit or Vegetable is also available with these meals.

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