

## May 2018 Menu MMS, MHS

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

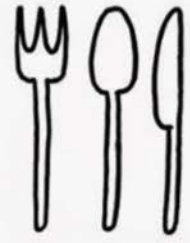
Monday	Tuesday	Wednesday	Thursday	Friday
30. <b>Hot Dog</b> Roll Bean Salad Vegetable Fruit	1 <b>Buffalo Chicken &amp; Cheese Quesadilla</b> Hummus w Carrots Stix Fruit	2 <b>Cowboy Casserole</b> Meat Cheese, Beans, Tater tots BBQ Sauce Cookie, Fruit	3 <b>Fish Sandwich</b> Fish Filet Roll Fries Fruit	4 <b>Sal's</b> Vegetable Fruit
7 <b>Loaded Fries</b> Chili, Cheese Fruit	8 <b>Turkey Dinner</b> Turkey Mashed Potato Stuffing Carrots Gravy Fruit	9 <b>BBQ Pork Sandwich</b> Pork WG Bun Vegetable Fruit	10 <b>Big Mac Quesadilla</b> Cheese, Burger, Pickles Tomatoes, Lettuce Special Sauce. Fruit	11 <b>PIZZA</b>  <b>Papa Gino's</b> Vegetable Fruit
14 <b>Deli Sandwich Bar</b> Assorted Meats Roll, Cheese Lettuce, tomatoes, Pickles, Onions Hots, mustard, mayo Fruit	15 <b>Sloppy Joe</b> Beef WG Bun Tomato Sauce Vegetable Fruit	16 <b>Asian BBQ Chicken</b> Chicken Rice Vegetable Pineapple Fortune Cookie	17 <b>Cheese Burger</b> Burger Cheese Bun Fruit Chips	18 <b>PIZZA</b>  <b>Milford House</b> Vegetable Fruit
21 <b>Pasta with Meat Sauce</b> WW Pasta Beef Marinara Vegetable Fruit	22 <b>Burrito Bar</b> Tortilla Chicken Pork Taco Meat Lettuce, Salsa, Sour Cream Cheese Fruit	23 <b>Famous Chicken Bowl</b> Chicken Potato Corn Gravy, Roll Fruit	24 <b>Turkey Ranch, Bacon Pinwheels</b> WG Tortilla Turkey, Bacon Vegetable Ranch Dressing Fruit	25 <b>PIZZA</b>  <b>Papa Gino's</b> Vegetable Fruit
28  <b>CLOSED MEMORIAL DAY</b>	29 <b>Taco in a Bag</b> Chips Taco Meat Cheese, Salsa, Sour Cream Vegetables Fruit	30 <b>Mac &amp; Cheese Cobbler</b> Pasta, Cheese WW Topping Vegetable Fruit	31 <b>Hot Beef Sundae</b> Seasoned Beef Corn Mashed Potato WG Roll Fruit	6/1 <b>PIZZA</b>  <b>Milford House</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

## **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 Wednesdays & Fridays**

### **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

# **SERVED DAILY**

## **Turkey or Ham Wrap**

Served with  
Wrap  
Cheese  
Lettuce  
Mustard/Mayo  
Fruit or Vegetable or Both

## **Fresh Fruit Salad**

Cut up Fresh Fruit  
String Cheese  
Wheat Thins  
Vegetable

## **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.

## **FULL SALAD BAR OPEN DAILY**

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/reduced .40/ Free

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