

## June 2018 Menu MHS

**All meals are served with 1% or fat free flavored milk**  
**USDA is an equal opportunity provider and employer**

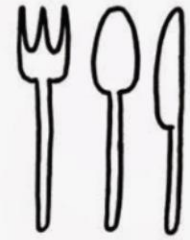
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28  <b>CLOSED MEMORIAL DAY</b>	29 <b>Taco in a Bag</b> Chips Taco Meat Cheese, Salsa, Sour Cream Vegetables Fruit	30 <b>Mac &amp; Cheese Cobbler</b> Pasta, Cheese WW Topping Vegetable Fruit	31 <b>Hot Beef Sundae</b> Seasoned Beef Corn Mashed Potato WG Roll Fruit	6/1 <b>PIZZA</b>  <b>Milford House</b>  Vegetable Fruit
4 <b>Hot Ham &amp; Cheese</b> Ham Cheese WW Roll Chips Vegetable Fruit	5 <b>Roast Pork Dinner</b> Pork Potato Vegetable Gravy Fruit Roll	6 <b>Cheese Burger</b> Beef Burger Cheese Roll French Fries Fruit	7 <b>Turkey Salad Sandwich Croissant</b> Turkey Pasta salad Lettuce/tomato Fruit	8 <b>Pizza</b>  Vegetable Fruit
11 <b>Pork Stir Fry</b> Pork Rice Vegetable Fruit	12 <b>Everything But the Kitchen Sink</b>	13 <b>Pizza</b>  Vegetable Fruit	14 <b>Breakfast Only</b>  <b>Exams</b>	15 <b>Breakfast Only</b>  <b>Exams</b>

**You now have the ability to pay for school Breakfast & lunch online.**  
**Monitor your child's account balance; go to- <http://ezschoolpay.com>**



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*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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