

September 2018 Menu MHS

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

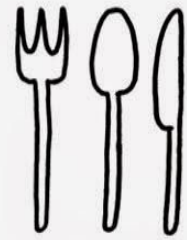
Daily meals are subject to change due to product availability. Lunch meal \$3.05 MHS,

Monday	Tuesday	Wednesday	Thursday	Friday
8/27 Teacher Workshop day Continental Breakfast	8/28 Teacher Workshop Day	8/29 Freshman Only PIZZA Sponsored & Served by the Milford Police Department	8/30 Pizza Vegetable Fruit	8/31 Closed
3 Closed	4 Breakfast for Lunch Eggs 3oz Cheese 1oz Hash Brown 4oz WW Toast 2oz Fruit 1 cup	5 Mac & Cheese WW Pasta 1 cup Cheese 3oz Broccoli 1cup Fruit 1 cup	6 Hot Ham & Cheese Sandwich WW Bun 2oz Ham 3oz Cheese 1oz Carrots Ranch Dressing Fruit 1 cup	7 Pizza Vegetable Fruit
10 Deli Sub Day WW Roll Assorted Deli Meat Options 2oz Cheese 1oz Vegetable Toppings 1 cup Fruit- Apple	11 Asian Chicken Bowl Seasoned Chicken 3oz WW Rice 4oz Vegetable 1 cup Pineapple 1 cup	12 Chili Cheese Fries Beef Chili Potato Wedges 1cup Cheese 1oz Fruit 1 cup	13 Fish Sandwich WW Bun Fish Filet 3oz Cheese 1oz Cole Slaw 1 cup Fruit 1 cup	14 Pizza Vegetable Fruit
17 Cheese Burger Sub WW Roll Burger Cheese Peppers, & Onions Fruit	18 Turkey w/ Gravy Mashed Potato ½ Cup Carrots ½ cup WW Roll 2oz Cranberry Sauce 1oz Fruit 1 cup	19 Baked Potato Bar Chili Cheese Broccoli Salsa Sour Cream Bacon Fruit	20 Grilled Cheese Sandwich w/Soup WW Bread 2oz Cheese 1oz Turkey Noodle Soup Vegetable Fruit	21 Pizza Vegetable Fruit
24 Cheese Quesadilla WW Tortilla 2oz Cheese 3oz Peppers, Onions Mexican Rice ½ C Corn Salad 1 Cup Fruit 1 cup	25 Pasta with Marinara Sauce WW Pasta 4oz Tomato Sauce 1 Cup Mixed Salad Dressing Fruit	26 BBQ Pulled Pork Sandwich BBQ Pork 3oz WW Roll 2oz Baked Beans 1Cup Cole Slaw Fruit	27 Hot Beef Sundae Beef 3oz Veg ½ Cup Potato ½ Cup Gravy 2oz WW Cookie	28 Pizza 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

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.

FULL SALAD BAR OPEN DAILY- MHS

MMS- Monday-Thursday

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Lunch meal \$3.05 MHS/

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