

October 2018 Menu MHS, MMS

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, MMS \$2.80

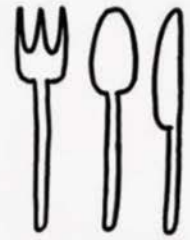
Monday	Tuesday	Wednesday	Thursday	Friday
1 Deli Sub Day WW Roll Assorted Deli Meat Options 2oz Cheese 1oz Vegetable 1 cup Toppings 1 cup Fruit 1 Cup	2 Hot Dog Hot Dog WW Roll Cucumber 1Cup Ranch Dressing 2oz Fruit 1Cup	3 Loaded Nachos Corn Chips Seasoned Beef Cheese Tomato Salsa Sour Cream Celery Cajun style black beans Fruit 1 Cup	4 Sal's Pizza Vegetable 1 Cup Fruit 1 Cup	5 CLOSED Teacher Workshop 
8 CLOSED COLUMBUS DAY 	9 Grilled Cheese & Tomato Soup Cheese 1oz WG Bread 2oz Carrots Stix 1 Cup Chips Fruit 1 Cup	10 Sweet & Sour Pork Pork Rice Mixed Veggies 1 Cup Fruit 1 cup	11 Fish Filet Sandwich Fish Filet WW Roll Cheese Sweet Potato 1 Cup Fruit 1 cup	12 Milford House Pizza Vegetable 1 Cup Fruit 1 Cup
15 Breakfast for Lunch Eggs Sausage Hash Browns Juice Toast	16 Hard Shell Tacos Corn Tortillas Taco Meat Lettuce Salsa Peppers, Onions Sour Cream 1oz Fruit 1 Cup	17 Turkey With Gravy Mashed Potato ½ Cup Carrots ½ Cup WW Roll 2oz Fruit 1Cup	18 Sloppy Joe Seasoned Beef WW Roll Vegetable 1 Cup Fruit 1 Cup	19 Sal's Pizza Vegetable 1 Cup Fruit 1 Cup
22 Mac & Cheese WG Pasta Cheese Broccoli 1 Cup Fruit 1 Cup	23 Chicken Quesadilla Chicken WG Tortilla Cheese Refried beans Cauliflower 1 Cup Fruit 1 Cup	24 American Chopped Suey Marinara Sauce ½ C Beef Peppers/onions WW Pasta Salad Dressing Fruit 1 Cup	25 Hot Turkey Sundae Turkey Stuffing Potato Vegetable 1 Cup Fruit 1Cup	26 Milford House Pizza Vegetable 1 cup Fruit 1 cup
29 Turkey BLT Sub WW Roll Turkey Cheese Tomato Bacon Vegetable 1 cup Fruit 1 Cup	30 Spaghetti & Meatballs Marinara Sauce WW pasta Beef Meatballs Vegetable 1 Cup Fruit 1 Cup	31 PULLED PORK SANDWICH Pork 3oz WG Roll 2oz Onion rings 3oz Vegetable 1 Cup Fruit 1 cup	1 Open Faced Tuna Melt Tuna Cheese WW Bread Baked fries 1 Cup Fruit 1 Cup	2 Sal's Pizza Vegetable 1C Fruit 1 Cup

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 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.

FULL SALAD BAR OPEN DAILY- MHS

MMS- Monday-Thursday

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Lunch meal \$3.05 MHS/

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