

SEPTEMBER 2019

Milford High School, Milford Middle School Menu
Daily meals are subject to change due to product availability

All meals are served with 1% or Fat Free Flavors
We want all students to have nutritious meals
Studies have shown that kids who eat breakfast do better in school.
Let us help you achieve your child's full potential

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED LABOR DAY	3 Cheese Burger Burger WG Roll Cheese Fries Fruit	4 Hot Dog WG Roll Hot Dog Carrot Stix/ Dressing Baked Beans Fruit	5 BBQ Pork Sandwich Pork, BBQ Sauce WG Roll Rice Cole Slaw Fruit	6  Sal's Garden Salad, Italian Dressing Fruit
9 Grilled Cheese w/Tomato Soup WG Bread Cheese Celery Stix Fruit	10 Shepherd's Pie Beef, Carrots Mashed potato Gravy WG Roll Fruit	11 Chicken Patty Sandwich Chicken, WG Roll, WG Rice Cucumbers Ranch Dressing Fruit	12 Fish Filet Sandwich Fish WG Roll Broccoli Fruit	13  Milford House Garden Salad, Italian Dressing Fruit
16 Breakfast for lunch Eggs, Cheese Home fires WG Toast Fruit	17 Pasta W/ Meat Sauce Marinara Sauce WG Pasta Beef Garden Salad Italian Dressing Fruit	18 EARLY RELEASE Chicken Parmesan On a WG Sub Roll Chicken Marinara Sauce, Garden Salad Cheese, Fruit	19 Turkey Dinner Turkey, Potato Gravy, Carrots Cranberry Sauce Fruit	20  Sal's Garden Salad, Italian Dressing Fruit
23 Baked Potato Bar Cheese Broccoli Bacon Salsa, Sour Cream WG Roll, Fruit	24 Nachos on the Fly WG Corn Chips Seasoned Taco Beef Cheese Salsa, Sour cream Carrot Stix, Fruit	25 Deli Sandwich Bar WG Roll Assorted Deli meat, Cheese, Vegetables Toppings= 1cup Vegetables Fruit	26 American Chopped Suey WG Pasta, Marinara Sauce Peppers, onions Garden Salad, Italian Dressing Fruit	27  Milford House Garden Salad, Italian Dressing Fruit
30 Mac & Cheese WG Pasta Cheese Broccoli Fruit				

Monitor your child's account balance; go to- <http://ezschoolpay.com>
*Lunch meal MHS \$3.05, MMS \$2.80, Reduced Lunch \$ 40

Tracy Nieder MMS Kitchen-673-5221 Ext 5
Sue Dube MHS Kitchen-673-4201 Ext5
Maryanne Gallagher, Director of Food Services 673-4201 Ext 3473

You now have the ability to pay for School Breakfast & Lunch online
Monitor you Childs account balance; go to <http://ezschoolpay.com>
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