

Heron Pond/Jacques Memorial Elementary School September 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
8/28 TEACHER WORKSHOP DAY 	8/29 Teacher Workshop Day	8/30 Cheese Burger Burger, Cheese WW Roll Potato Wedges Fruit, Milk	8/31 PIZZA DAY Vegetable Fruit	9/1 CLOSED NO SCHOOL
4 CLOSED 	5 Chicken Quesadilla Chicken, Cheese WW Tortilla Vegetable Fruit Milk	6 Pasta Choice of Spaghetti Sauce Or Cheese Sauce Vegetable Fruit Milk	7 Fish Sandwich WW Roll Fish Cheese Vegetable Fruit Milk	8 PIZZA DAY Vegetable Fruit
11 Beef Taco Seasoned Beef WW Tortilla Cheese <u>Served on the side</u> Lettuce, Tomato, Salsa, Sour Cream, Fruit, Milk	12 Yummy Mac & Cheese Made from Scratch Vegetable Fruit Milk	13 Hot Beef Sundae Beef, Mashed Potato Carrots, Gravy Fruit Milk	14 Chicken Pillows Chicken Won Ton Wraps Dipping Sauce (Ranch Dressing) Vegetable Fruit Milk	15 PIZZA DAY Vegetable Fruit
18 Hot Dog WW Roll Hot Dog Vegetable Fruit Milk	19 BBQ Pork WW Roll Vegetable Baked Beans Fruit, Milk	20 Breakfast for Lunch French Toast Sausage Link Hash Brown Juice, Milk	21 Pasta w/ Chicken & Broccoli Chicken Broccoli Fruit Milk	22 PIZZA DAY Vegetable Fruit
25 Chili Cheese Fries Potato Wedges Beef Chili Cheese Fruit, Milk	26 Teriyaki Chicken Bowl Chicken, Rice vegetable Fortune Cookie Fruit, Milk	27 Hot Ham & Cheese Sandwich WW Roll Ham, Cheese Vegetable, Fruit Milk	28 Baked Potato Bar Topping Choices Broccoli, Bacon Cheese, Salsa Sour Cream Fruit, Milk	29 PIZZA DAY Vegetable Fruit

Breakfast Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Grab & Go Breakfast Kit- Cereal, Juice, Milk	Breakfast Sandwich WW Croissant Sausage Patty, Cheese Juice or Fruit, & milk	Strawberry Banana Smoothie Milk	WW Bagel Choice of Cream cheese Sun Butter & Jelly Butter Fruit or Juice, & Milk	WW Cinnamon Donut Fruit or Juice & Milk

Served Daily at Breakfast
Fruit & Yogurt Parfait
 Consist of
 Yogurt, Fruit
 Made from scratch granola
 (No Nuts), Milk

Served Daily at Lunch
Salad in a Basket
 Greens, Tomatoes,
 Cucumbers, Carrots
 Choice of Meat, & Cheese
 WW Croutons, Dressing Milk

Served Monday-Friday
Sandwiches
 Ham & Cheese,
 Turkey & Cheese
 Sun Butter & Jelly
 Vegetable, Fruit, & Milk

Welcome back to an exciting New Year with lots of New Ideas. Stay Tuned!
Prices: Breakfast \$1.25 / Lunch-\$2.30. We also offer Free and Reduced meals for those who qualify. Just give me a call so we can go over the details. We want all children to have nutritious meals daily, both breakfast and lunch. Studies have shown that kids who eat breakfast do better in school. Let us help you achieve your child's full potential.

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Heron Pond Kitchen-603 673-1811 Ext 5
 Jacques Memorial Kitchen-603 673-4434 Ext 5
 Maryanne Gallagher, Food Service Director
 Milford School District – 603 673-4201 Ext 3473
mgallagher1@milfordk12.org

Menus are subject to change due to product availability
 You now have the ability to pay for your students meals on line.
 You can also monitor your child's account balance <http://ezschoolpay.com>