

December 2017 Menu Heron Pond

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

Monday	Tuesday	Wednesday	Thursday	Friday
11/27 Deli Sandwich Bar Build your own Assorted Meats Cheese WW Roll 2oz Lettuce, Tomato Onions, Pickles, Hots, Mustard, Mayo, Fruit ½ Cup	11/28 Famous Chicken Bowl Crispy Chicken Corn Potato Gravy Cheese Fruit ½ Cup	11/29 Breakfast for Lunch Eggs & Ham Cheese 2oz Muffin Fruit ½ Cup	11/30 Philly Chicken & Cheese Sub Chicken Carrot Stix ½ C Cheese Sauce Fruit ½ cup	1 Pizza Vegetable 1/2 Cup Fruit ½ Cup
4 Deli Sandwich Bar Build your own Assorted Meats Cheese WW Roll 2oz Lettuce, Tomato Onions, Pickles, Hots, Mustard, Mayo, Fruit ½ Cup	5 Chili w/ Baked Potato Beef, Beans Vegetable ½ Cup Fruit ½ Cup	6 Mac & Cheese WG Pasta Cheese Vegetable ½ Cup Fruit ½ Cup	7 Hot Beef Sundae Beef 3oz Potato Corn Gravy Fruit ½ cup	8 Pizza Vegetable ½ Cup Fruit ½ Cup
11 Cheese Burger Sub Burger 3oz Cheese Sauce 2oz Peppers, Onions WW Sub Roll 2oz Vegetable ½ cup Fruit ½ cup	12 Chicken & Biscuit Chicken 3oz Potato, Carrots, Green Beans, Corn, Onion ½ Cup Fruit ½ Cup	13 BBQ Pork Sandwich Pork 3oz WW Roll Sweet Potato Fries ½ Cup Fruit ½ Cup	14 Fish Stix Fish 3oz Rice 3oz Vegetable ½ Cup Fruit ½	15 PIZZA Vegetable ½ Cup Fruit ½ Cup
18 Deli Sandwich Bar Build your own Assorted Meats Cheese WW Roll 2oz Lettuce, Tomato Onions, Pickles, Hots, Mustard, Mayo, Fruit ½ Cup	19 Turkey Dinner Turkey 2oz Potato 1/3 Cup Stuffing 2oz Vegetable ½ Cup Cranberry Sauce 1oz Gravy 2oz Fruit ½ Cup	20 Grilled Ham & Cheese Sandwich W/Tomato Soup WG Bread Cheese 1oz Soup 8oz Fruit ½ Cup	21 Teriyaki Chicken Bowl Chicken 3oz Rice 1 cup Vegetable Blend ½ Cup Fruit ½ cup Fortune Cookie 1	22 PIZZA Vegetable ½ Cup Fruit ½ Cup
25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED

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>

Breakfast Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Grab & Go Breakfast Cereal, Juice, Milk	Breakfast Sandwich WW Croissant Egg 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

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