

Heron Pond/Jacques Memorial Elementary School

November 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/30	10/31 Halloween 	1 Sloppy Joe Beef 3oz WW Roll 2oz Vegetable ½ Cup Fruit ½ Cup	2 Fish Sandwich Fish 2oz WW Roll 2oz Cheese 1oz Vegetable ½ Cup Fruit ½ Cup	3 Pizza Vegetable 1/2 cup Fruit ½ Cup
6 Hot Ham & Cheese Sub Ham 2oz Cheese 1oz WW Roll 2oz Lettuce, tomato, pickles Cucumbers ¼ cup Fruit ½ Cup	7 Hot Dog Hot dog WW Bun 2oz Pickle, mustard, Ketchup Vegetable ½ Cup Fruit ½ Cup	8 ½ Grilled Cheese Sandwich w/ Chicken Noodle Soup Carrots Stix ½ Cup Fruit ½ Cup	9 Pizza Vegetable ½ cup Fruit ½ Cup	10 CLOSED Veteran's Day
13 Chicken Parmesan Sub Chicken 2oz Tomato Sauce ¼ cup Cheese 1oz Vegetable ½ cup Fruit ½ Cup	14 BBQ Pork Sandwich Pork 2oz WW Roll 2oz BBQ Sauce Vegetable ½ cup Fruit ½	15 Turkey w/Gravy Mashed Potatoes ¼ Cup Carrots ¼ Cup Stuffing 2oz Fruit ½ Cup Cookie	16 Chicken & Cheese Quesadilla Chicken 2oz Cheese 1oz WW Tortilla 2oz Vegetable ½ Cup Salsa 1oz, Sour Cream 1oz Fruit ½ Cup	17 Pizza Vegetable 1 Cup Fruit 1 Cup
20 Lazy Man Nachos Meat 2oz Cheese 2oz Tortilla Chips Carrots/Celery Stix Salsa, Sour Cream Fruit ½ Cup	21 Pizza Vegetable ½ cup Fruit ½ cup	22 CLOSED Thanksgiving  Break	23 CLOSED Thanksgiving Break 	24 CLOSED 
27 Deli Sub Tuna or Turkey & cheese, or Ham & Cheese. Lettuce, Tomato Pickles, Onions ½ Cup Fruit ½ Cup	28 Colonials Famous Chicken Bowl Crispy Chicken Corn, Potato Gravy, Cheese Fruit ½ Cup	29 Breakfast for Lunch Eggs Ham & Cheese Muffin 2oz Fruit ½ Cup	30 Philly Chicken & Cheese Sub Chicken 3oz Cheese Sauce 1oz Vegetable ½ Cup Fruit ½ Cup	12/1 Pizza Vegetable ½ Cup Fruit ½ Cup

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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