


# JANUARY 2018 MENU Heron Pond Elementary

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

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| <b>1 HAPPY NEW YEAR CLOSED</b><br> | <b>2 Mac &amp; Cheese</b><br>WW Pasta<br>Cheese<br>Vegetable ½ Cup<br>Fruit ½ Cup                | <b>3 Beef Chili</b><br>1 Cup<br>Cheese 1oz<br>Fruit ½ Cup<br>Vegetable ½ Cup                 | <b>4 Chicken w/ pasta &amp; Sauce</b><br>Cheese<br>Vegetable ½ Cup<br>Fruit ½ Cup | <b>5 Pizza</b><br>Vegetable ½ Cup<br>Fruit ½ Cup   |
| <b>8 Beef Burger</b><br>Burger<br>Cheese<br>WW Bun<br>Vegetable ½ Cup<br>Fruit ½ Cup                                | <b>9 Chicken Fajita Wrap</b><br>WW Wrap<br>Chicken<br>Cheese<br>Vegetable ½ Cup<br>Fruit ½ Cup   | <b>10 Philly Cheese Steak Sub</b><br>WW Roll<br>Vegetable ½ Cup<br>Fruit ½                   | <b>11 Chicken, Broccoli, Ziti</b><br>Vegetable ½ cup<br>Fruit ½ cup               | <b>12 Pizza</b><br>Vegetable ½ Cup<br>Fruit ½ Cup  |
| <b>15 CLOSED MLK</b>  | <b>16 CLOSED TEACHER WORKSHOP</b>  | <b>17 Breakfast for Lunch</b><br>French Toast Stix<br>Hash Brown<br>Syrup 2oz<br>Fruit ½ Cup | <b>18 Chicken Parmesan Sub</b><br>Vegetable ½ Cup<br>Fruit ½ Cup                  | <b>19 Pizza</b><br>Vegetable ½ Cup<br>Fruit ½ Cup  |
| <b>22 Deli Sandwich Bar</b><br>Ham or Turkey<br>Cheese<br>Choice of toppings ½ Cup<br>Mustard, Mayo<br>Fruit ½ Cup  | <b>23 Chicken &amp; Cheese Quesadilla</b><br>WW Wrap<br>Cheese<br>Vegetable ½ Cup<br>Fruit ½ Cup | <b>24 Pasta with Red sauce</b><br>WW Pasta<br>Sauce<br>Salad 1 Cup<br>Fruit ½ Cup            | <b>25 Fish stix</b><br>Rice<br>Carrots<br>Fruit                                   | <b>26 Pizza</b><br>Vegetable ½ Cup<br>Fruit ½ Cup  |
| <b>29 Deli Sandwich Bar</b><br>Ham or Turkey<br>Cheese<br>Choice of toppings ½ Cup<br>Mustard, Mayo<br>Fruit ½ Cup  | <b>30 Hot Dog</b><br>WW Bun<br>Vegetable ½ Cup<br>Fruit ½ Cup                                    | <b>31 Chicken Teriyaki Rice Bowl</b><br>Chicken<br>Rice<br>Vegetable ½ Cup<br>Fruit ½ Cup    | <b>2/1 BBQ Pork Sandwich</b><br>Pork<br>WW Roll<br>Vegetable ½ Cup<br>Fruit ½ Cup | <b>2/2 Pizza</b><br>Vegetable ½ Cup<br>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](mailto: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**

| <b>Monday</b>                                 | <b>Tuesday</b>   | <b>Wednesday</b>                      | <b>Thursday</b>  | <b>Friday</b>                                    |
|---|--|---------------------------------------|--|--|
| Grab & Go<br>Breakfast Cereal,<br>Juice, Milk | Breakfast<br>Sandwich<br>WW Croissant<br>Egg Cheese<br>Juice or Fruit,<br>& Milk | Strawberry Banana<br>Smoothie<br>Milk | WW Bagel<br>Choice of<br>Cream Cheese<br>Sun Butter & Jelly<br>Butter<br>Fruit or Juice, &<br>Milk | WW Cinnamon<br>Donut<br>Fruit or Juice<br>& 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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