
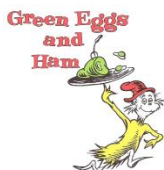







February Menu 2018 Heron Pond

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Pork Sandwich WW Roll Pork 3oz BBQ Sauce Vegetable 1Cup Fruit 1 Cup	2 PIZZA Vegetable 1 cup Fruit 1 Cup
5 Toasted Italian Sub Ham, Salami Cheese Salad Chips Fruit	6 Chicken Parmesan WW Pasta Sauce Cheese Vegetable Fruit	7 Grilled Cheese Sandwich Carrot & Celery Stix Ranch Dressing Fruit	8 Fish Stix Rice Vegetable Fruit	9 PIZZA Vegetable 1 cup Fruit 1 Cup
12 Turkey Club Sub Turkey Bacon Lettuce, Tomato on the side Chips Fruit	13 Famous Chicken Bowl Chicken Mashed Potato Corn, Gravy WW Roll Fruit	14 Pasta w/ Meat Sauce Pasta Beef Cheese Vegetable Fruit 	15 Hard Shell Taco Seasoned Beef Taco Rice Cheese Vegetable Salsa, Sour Cream Fruit	16 PIZZA Vegetable 1 cup Fruit 1 Cup
19 Cheese Burger Burger Cheese WW Bun Potato Wedges Fruit	20 Teriyaki Chicken Chicken Chicken Fried Rice Vegetable Pineapple Fortune Cookie	21 Hot Dog Hot Dog WW Bun Vegetable Fruit	22 Dr. Seuss Green Eggs and Ham Eggs Ham Hash Brown Mini Muffin Fruit 	23 PIZZA Vegetable 1 cup Fruit 1 Cup
26 Vacation 	27 Vacation 	28 Vacation 	2/1 Vacation 	2 Vacation 

USDA is an equal opportunity provider and employer

You now have the ability to pay for school Breakfast & lunch online.

Monitor your child's account balance; go to- <http://ezschoolpay.com>

Milford School District – 603 673-4201 Ext 3473

mgallagher1@milfordk12.org

Menus are subject to change due to product availability

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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

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

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