

## May 2018 Menu Heron Pond

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

Monday	Tuesday	Wednesday	Thursday	Friday
30. <b>Hot Dog</b> Roll Bean Salad Vegetable Fruit	1 <b>Buffalo Chicken &amp; Cheese Quesadilla</b> Hummus w Carrots Stix Fruit	2 <b>Cowboy Casserole</b> Meat Cheese, Beans, Tater tots BBQ Sauce Cookie, Fruit	3 <b>Fish Sandwich</b> Fish Filet Roll Fries Fruit	4 <b>Sal's</b> Vegetable Fruit
7 <b>American Chopped Suey</b> Beef Pasta Marinara Sauce Vegetable Fruit	8 <b>Turkey Dinner</b> Turkey Mashed Potato Stuffing Carrots Gravy Fruit	9 <b>BBQ Pork Sandwich</b> Pork WG Bun Vegetable Fruit	10 <b>Big Mac Quesadilla</b> Cheese, Burger, Pickles Tomatoes, special sauce. Fruit	11 <b>PIZZA</b>  <b>Papa Gino's</b> Vegetable Fruit
14 <b>Deli Sandwich Bar</b> Assorted Meats Roll, Cheese Lettuce, tomatoes, pickles, onions mustard, mayo Fruit	15 <b>Sloppy Joe</b> Beef WG Bun Tomato Sauce Vegetable Fruit	16 <b>Asian BBQ Chicken</b> Chicken Rice Vegetable Pineapple Fortune Cookie	17 <b>Cheese Burger</b> Burger Cheese Bun Fruit Chips	18 <b>PIZZA</b>  <b>Milford House</b> Vegetable Fruit
21 <b>Pasta with Meat Sauce</b> WW Pasta Beef Marinara Vegetable Fruit	22 <b>Burrito</b> Tortilla Pork Lettuce Salsa, Sour Cream Rice and Beans Fruit	23 <b>Famous Chicken Bowl</b> Chicken Potato Corn Gravy, Roll Fruit	24 <b>Turkey Ranch, Bacon Pinwheels</b> WGTortilla Turkey, Bacon Vegetable Ranch Dressing Fruit	25 <b>PIZZA</b>  <b>Papa Gino's</b> Vegetable Fruit
28  <b>CLOSED MEMORIAL DAY</b>	29 <b>Taco in a Bag</b> Chips Taco Meat Cheese, Salsa, Sour Cream Vegetables Fruit	30 <b>Mac &amp; Cheese Cobbler</b> Pasta, Cheese WW Topping Vegetable Fruit	31 <b>Chicken Dinner</b> Seasoned Chicken Corn Mashed Potato Fruit	6/1 <b>PIZZA</b>  <b>Milford House</b> Vegetable Fruit

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 603 673-4201 Ext 3473  
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](mailto:mgallagher1@milfordk12.org)

Menus are subject to change due to product availability

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**Breakfast Served Daily**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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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