

January Menu Heron Pond Elementary 2019

Daily meals are subject to change due to product availability. Lunch meal \$2.30

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED	2 Grilled Cheese WG Bread Cheese Mixed Garden Salad Dressing Fruit	3 Hot Dog WG Bun Turkey Dog Baked Beans Cucumbers Fruit	4 PIZZA Sal's Garden Salad Italian Dressing Fruit
7 Mac & Cheese WW Pasta Cheese Broccoli Fruit	8 BBQ Pulled Pork Sandwich Pork, WW roll Chic Peas Cole Slaw Fruit	9 Turkey w/ Gravy Turkey Mashed Potato Carrots WW Stuffing, Fruit	10 Sloppy Joe WG Roll Beef Sauce Vegetable Fruit	11 PIZZA Milford House Garden Salad Italian Dressing Fruit
14 Cheese Quesadilla WW Tortilla Cheese WG Mexican Rice Corn Salad Fruit	15 American Chop Suey WG Pasta Sauce Vegetable Fruit	16 Asian Chicken Bowl Seasoned Chicken WW Rice Mixed Veggie Pineapple	17 Beef with Noodles & Gravy WG Noodles Beef Gravy Cauliflower Fruit	18 PIZZA Sal's Garden Salad Italian Dressing Fruit
21 CLOSED MLK	22 Pasta w/ Meat Sauce WG Pasta Marinara Sauce Beef, Cheese Garden Salad, Dressing, Cantaloupe	23 Hot Dog WG Bun Turkey Dog Baked Beans Carrot Stix Dressing Mixed Fruit	24 Fish Stix Fish Potato Wedges Cucumbers Grapes	25 PIZZA Milford House Garden Salad Italian Dressing Fruit
28 Breakfast for Lunch French Toast Stix Hash Browns Sausage Syrup Fruit, Juice	29 Hard Shell Taco Corn Tortillas Taco Meat Lettuce, Tomato Salsa, Cheese, Sour Cream, Carrots, Celery, Chic Peas, Fruit	30 Turkey Noodle Casserole Turkey WG Noodles Broccoli Gravy Fruit	31 Cheese Burger Burger WG Roll Cheese Broccoli Carrot Slaw Fruit	1 PIZZA Sal's Garden Salad Italian Dressing Fruit

Garden Salads Consists of Lettuce 1 Cup, Chic Peas ¼ C, and a variety of fresh vegetables, Dressing

You now have the ability to pay for school Breakfast & Lunch online. Through EZpay
 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
maryanne.gallagher@milfordk12.org

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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

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