



FEBRUARY 2019 MENU



Jacques/ Heron Pond

Monday	Tuesday	Wednesday	Thursday	Friday
4 Italian Cold Cut Sub Meats,Cheese Tomato,Lettuce Pickles Peppers, Hots Carrot Stix/Ranch Dressing, Fruit	5 Grilled Cheese WG Bread Cheese Cucumbers Ranch Dressing Fruit	6 EARLY RELEASE Cheese Burger Smiley Fries Carrot Stix WG Roll Cheese Fruit	7 Chicken Nuggets Chicken Rice Broccoli Dipping Sauce Fruit	8 PIZZA Milford House Salad Fruit
11 American Chopped Suey WG Pasta Beef Marinara Garden Salad Fruit	12 BBQ Pulled Pork Sandwich WG Roll 2oz Pork 3oz BBQ Sauce 2oz Cole Slaw 1 Cup Fruit 1 Cup	13 Turkey Dinner Tukey Gravy Mashed Potato Carrots Fruit	14 Fish Stix WG Roll Fries Fruit	15 PIZZA Sal's Salad Fruit
18 Breakfast Sandwich Ham & Cheese Croissant Hash Browns Juice	19 Pasta with Marinara Sauce WG Paste Marinara Sauce cheese Garden Salad Fruit	20 Beef & Cheese Burrito Seasoned Burger Rice, Cheese Refried Beans Carrots/Celery Ranch Dressing Salsa/ Sour Cream Fruit	21 Mac & Cheese WW Pasta Cheese Vegetable Fruit	22 PIZZA Milford House Salad Fruit
25 Winter Recess CLOSED	26 Winter Recess CLOSED	27 Winter Recess CLOSED	28 Winter Recess CLOSED	3/1 Winter Recess CLOSED

Daily meals are subject to change due to product availability.
Monitor your child's account balance; go to- <http://ezschoolpay.com>

*Lunch meal \$2.30 Heron Pond/Jacques /Reduced Lunch \$.40 MHS
*All meals are served with 1% or fat free flavored milk

This Institution is an equal opportunity provider

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USDA Nondiscrimination Statement

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 SunButter & Jelly Butter Fruit or Juice & Milk	WW Cinnamon Donut Fruit or Juice & Milk

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

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

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
 Chic Peas
 WW Croutons, Dressing Milk

Served Monday-Friday
Sandwiches
 Ham & Cheese,
 Turkey & Cheese
 Sun Butter & Jelly
 Vegetable, Fruit, & Milk