



# MILFORD Food Services

High School Menu — April 2009

## Daily Breakfast Specials

- French Toast Sticks
- Cereal with Mini Muffin
- Egg & Cheese on a Hard Roll
- Bagel
- Fruit Choice & Milk w/Every Breakfast

**Available Daily**

- Chicken Patty on a Wheat Bun
- Or
- Pizza

## PRICES

2008-2009

	Lunch	Breakfast
Adult Prices	\$3.00	\$1.75 or \$ 2.25
High School	\$2.75 or \$3.00	\$1.50 or \$ 2.00
Reduced	\$ .40	\$ .30
Free	Free	Free

## Prepayment Bonus Plan

### High School Students:

- ◆ Deposit \$110.00 and receive 4 extra lunches (total value \$121.00)!

Prepay with a Credit Card at  
[myLunchMoney.com](http://myLunchMoney.com)

Parents can pay for school lunches using a credit card and check student account balance through the website [myLunchMoney.com](http://myLunchMoney.com). All you need is your child's name, grade, full student id number, and birth date.

Visit [myLunchMoney.com](http://myLunchMoney.com) for more information.



Last day of classes:  
**THURSDAY  
APRIL 9th**

Classes resume:  
**MONDAY,  
APRIL 20th**

Limited Engagement!

### Wednesday, April 1

- ◆ Chicken Nuggets
- Mashed Potatoes
- Dinner Roll

- ◆◆◆◆◆
- ◆ Mozzarella Cheese Sticks
- Side Pasta
- Italian Bread or Dinner Roll
- Assorted Fruit & Juice Choices
- Milk Choice

### Thursday, April 2

- ◆ Chicken Parmesan on a Wheat Roll
- Side Pasta

- ◆◆◆◆◆
- ◆ Toasted Cheese on Wheat Bread
- Egg Bows
- Tomato Soup
- Assorted Fruit & Juice Choices
- Milk Choice

### Friday, April 3

- ◆ Baked Fish Fillet on a Wheat Bun
- ◆ Popcorn Chicken Fries
- Dinner Roll

- ◆◆◆◆◆
- ◆ Teriyaki Chicken Dippers w/Rice or on a Grinder Roll
- Assorted Fruit & Juice Choices
- Milk Choice

### Monday, April 6

**OPENING DAY BASEBALL!!**  
Buy Lunch & Get a Chance to Win a Prize!!

- ◆ Long Hot Dog on a Bun
- Tater Tots
- Beans
- ◆ Chicken Fillet
- Caesar Wrap
- Onion Rings
- ◆◆◆◆◆
- ◆ General Tso's Chicken w/Rice
- Broccoli

Assorted Fruit & Juice Choices  
Milk Choice

### Tuesday, April 7

- ◆ Pork Chop
- Mashed Potatoes
- Dinner Roll

- ◆◆◆◆◆
- ◆ Chicken or Cheese Quesadillas
- Rice
- Corn Muffin
- Mexican Beef Soup
- Assorted Fruit & Juice Choices
- Milk Choice

### Wednesday, April 8

- ◆ Chicken Fillet
- Egg Noodles
- Carrots

- ◆◆◆◆◆
- ◆ Hamburger on a Bun
- Egg Noodles
- Vegetable Sticks
- Assorted Fruit & Juice Choices
- Milk Choice

### Thursday, April 9

- ◆ Chicken Nuggets
- Fries
- Bread or Dinner Roll

- ◆◆◆◆◆
- ◆ Nacho's Spanish Rice
- Fruit Churro
- Assorted Fruit & Juice Choices
- Milk Choice

### Friday, April 10

## Easter Holiday



**No School Today**

## What is a School Lunch?

All school meals include an entrée with protein, a bread or grain, 2 fruits &/or vegetables and 1 8oz. bottle of milk.

### Build your own School Lunch!

1. Choose One Entrée
2. Fruit & Vegetables Choices (Choose Two):  
Hot Vegetable, Weekly Special Fruit, Garden Salad, Fresh Fruit, Canned Fruit, 100% Fruit Juice and more.
3. Milk Choices (Choose One 8oz. Plastic Container) :Low-Fat Chocolate, Skim or Low-Fat White Milk



**Monday, April 20**

- Earth Week Celebration!!  
April 21st—24th
- ◆ Chicken Nuggets Mashed Potatoes Dinner Roll
  - ◆◆◆◆◆
  - ◆ Mozzarella Cheese Sticks Side Pasta Italian Bread or Dinner Roll
- Assorted Fruit & Juice Choices  
Milk Choice

**Tuesday, April 21**

- Dirt Cups For Sale \$1.00*
- ◆ Crispy Chicken on a Wrap, Roll or Wheat Bun Egg Bows
  - ◆◆◆◆◆
  - ◆ Choice of Pasta w/ Marinara, Alfredo or Meat Sauce Bread Stick Assorted Fruit & Juice Choices Milk Choice

**Wednesday, April 22**

- Dirt Cups For Sale \$1.00*
- ◆ Toasted Cheese on Wheat Bread
  - ◆ Rib-B-Que Grinder Egg Bows
  - ◆◆◆◆◆
  - ◆ Pizza Dippers Side Pasta Assorted Fruit & Juice Choices Milk Choice

**Thursday, April 23**

- Dirt Cups For Sale \$1.00*
- ◆ Chicken Parmesan on a Wheat Roll Side Pasta
  - ◆◆◆◆◆
  - ◆ Chicken Fajita Wrap Rice Assorted Fruit & Juice Choices Milk Choice

**Friday, April 24**

- Dirt Cups For Sale \$1.00*
- ◆ Baked Fish Fillet on a Wheat Bun
  - ◆ Popcorn Chicken Fries Dinner Roll
  - ◆◆◆◆◆
  - ◆ Chicken or Cheese Quesadillas Rice
- Assorted Fruit & Juice Choices  
Milk Choice

**Monday, April 27**

- ◆ Chicken Nuggets Oven Roasted Potatoes Dinner Roll
- ◆◆◆◆◆
- ◆ Eggplant Grinder or Meatball Grinder Side Pasta Assorted Fruit & Juice Choices Milk Choice

**Tuesday, April 28**

- ◆ Cheeseburger on a Wheat Bun
  - ◆ Long Hot Dog on a Bun Seasoned Wedges Potato Salad
  - ◆◆◆◆◆
  - ◆ Choice of Pasta w/ Marinara, Alfredo or Meat Sauce Bread Stick
- Assorted Fruit & Juice Choices  
Milk Choice

**Wednesday, April 29**

- ◆ Pork Chop
  - ◆ Baked Chicken Mashed Potatoes Dinner Roll
  - ◆◆◆◆◆
  - ◆ Nacho & Potato Bar Rice
- Assorted Fruit & Juice Choices  
Milk Choice

**Thursday, April 30**

- ◆ Chicken Parmesan on a Wheat Roll Side Pasta
- ◆◆◆◆◆
- ◆ Chicken Fire Fingers on a Wrap or Roll Orzo Pasta Assorted Fruit & Juice Choices Milk Choice

**Need Food Service Information:**  
Go to [www.milfordfs.org](http://www.milfordfs.org)  
Find:

- Menus
- Payment Information
- Employment Opportunities
- Free & Reduced Price Meal Applications
- Frequently Asked Questions

**Word of the Month**  
**con·fi·dence**  
n. 1. Trust or faith in a person or thing 2. self-assurance; a strong and justified belief in one's self and one's abilities, without arrogance

**DEPOSIT SLIP**

NAME \_\_\_\_\_

ROOM \_\_\_\_\_

ACCOUNT CASH\$ \_\_\_\_\_

BREAKFAST \$ \_\_\_\_\_

LUNCHES \$ \_\_\_\_\_

TOTAL\$ \_\_\_\_\_

Make Checks Payable to:  
Milford School Food Services

Please put your child's name on your check.

**FIT FAT** **WANNA STAY FIT? FIGHT THE FAT!**



**ITEM: Almonds**  
**VERDICT: Snacktastic!**  
**TIP:** Next time you're looking for something salty and crunchy to snack on, skip the chips and go for some almonds. They're one of the high-fat foods that are actually good for you. That's because almost all of the fat in almonds is monounsaturated and very little is saturated. Plus they give you vitamins, minerals, and fiber. And did we mention that they're salty and crunchy?

