

2018-2019



Jan 7– May 30 No School Days are not marked.

Milford Junior High School Lunch Menu

MONDAY

Vegetable of the Day:
Green Beans

TUESDAY

Vegetable of the Day:
Corn

WEDNESDAY

Vegetable of the Day:
Cooks Choice of Other

THURSDAY

Vegetable of the Day:
Peas

FRIDAY

Vegetable of the Day:
Broccoli

Fruit and Vegetable Bar Served Daily

Wednesdays :
Pudding or Fruit Crisp

Week 1 1/7-1/11, 2/4-2-8, 3/4-3/8 4/8-12 5/6-10	Chicken Nuggets Dipping Sauce Dinner Roll Baked Beans	Beef Taco in a Bag w/Brown Rice & Cheese, Black Beans	Brunch for Lunch French Toast & Sausage	Country Steak Dinner Roll Whipped Mashed Potatoes	Pizza Dippers Marinara Sauce Super Specialty-Pizza
Week 2 1/14-1/18, 2/11-2/15, 3/11-3/15 4/15-19 5/13-17	Boneless Chicken Wings Dinner Roll Baked Beans	Beef Soft Taco w/Brown Rice & Cheese, Black Beans	Cincinnati Chili Cheese Coney or Phony Coney	Calzone w/ Marinara Sauce	Asian Tangerine Chicken over Brown Rice Super Specialty-Pizza
Week 3 1/21-1/25, 2/18-2/22, Spring Break-3/18-22 3/25-3/29 4/22-26 5/20-24	Chicken Tenders & Dutch Waffle Warm Blueberries	Beef Taco in a Bag w/Brown Rice & Cheese, Black Beans	BBQ Pulled Pork Sandwich Baked Beans	Toasted Cheese Sandwich Tomato Soup	Cheesy Meatloaf Whipped Mashed Potatoes Biscuit Super Specialty-Pizza
Week 4 1/28-2/1, 2/25-3/1, 4/1-5 4/29-5/3 5/27-30-last day	Chicken Drumstick Dinner Roll Whipped Mashed Potatoes	Chicken Fajita w/Brown Rice & Cheese, Black Beans	Italian Day Pasta Cook's Choice of Lasagna, Ravioli, or Spaghetti with Meat Sauce Garlic Toast	Cheezy Bread Marinara Sauce	Mini Corn Dogs Dipping Sauce Baked Beans Super Specialty-Pizza

This menu is subject to change, without notice, due to price or availability of products.

Regular Meal: \$2.60 w/Spuds \$3.35

Includes fruit, vegetable, & milk

Items on Menu or: Hamburger/ Cheeseburger

Extra Entrée: \$2.10

Grab & Go Meals: \$2.85 Chef Salad, PB&J Jammer

Super Meal: \$3.10 Includes fruit, vegetable, & milk

Monday: Super-Bosco Sticks

Tuesday/ Thursday: Crispy/Spicy Chicken Sandwich

Wednesday/ Friday: Specialty Pizza

Extra Entrée: \$2.60

W/Spuds \$3.85

Daily: Super-Nachos & Cheese

Reduced Price Meal \$0.40

Milk \$0.50

Include fat-free or 1% white, and fat-free chocolate

Spuds a la carte \$0.75

Adult Lunch & Extra Entrée: Regular &

Grab & Go Meals \$3.75 & \$3.25

Super: \$3.85 & \$3.35

The Fruit & Vegetable Bar includes fresh or canned fruit, romaine salad, and hot or fresh vegetables, in addition to the vegetable of day. Weekly vegetable sub-groups include dark green, red/orange, bean, starchy, & "other".

For a complete meal, students must select ½ cup fruit/vegetable.

Most Grains are whole grain.

Please make separate lunch checks payable to Milford Nutrition Services.

To check meal account balances, view detailed list of payments received and items purchased or to make a payment to your child's meal account, log into www.spsezpaymilfordempted.com or contact the kitchen manager, Rachel Storer at 513-248-3449.

For more details regarding Nutrition Services, visit www.milfordschools.org.

For comments or concerns about the lunch program, please contact Gerry Levy at 576-2292.

This institution is an equal opportunity provider.

Thank you for participating in the school lunch program!

Milford Junior High School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast Pizza</p> <p>½ cup Juice ½ cup Fruit 8 oz. Milk</p>	<p>Cherry-Apple Crunch Bar or Lemon-Chip Crunch Bar</p> <p>½ cup Juice ½ cup Fruit 8 oz. Milk</p>	<p>Pancake on a Stick</p> <p>½ cup Juice ½ cup Fruit 8 oz. Milk</p>	<p>Cini-Minis</p> <p>½ cup Juice ½ cup Fruit 8 oz. Milk</p>	<p>Assorted Breakfast Sandwiches</p> <p>½ cup Juice ½ cup Fruit 8 oz. Milk</p>
<p>This menu is subject to change, without notice, due to price or availability of products.</p>				

**Start the day off right
with a school breakfast!**

Alternate Entrees:
 “Zee Zee” Bars
 PBJ Graham
 Or
 Blueberry Twist
 *Glazed-Apple Fruit Pocket
 w/½ c. Juice & 8 oz. Milk
 *contains 1/2 cup fruit

School Breakfast Prices
Breakfast : \$1.50
Reduced Price Breakfast \$0.30
 Students who qualify for a free lunch
 qualify for free breakfast too!

Milk \$0.50
 Include fat- free or 1% white

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 Milford Nutrition Services. To check meal account
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 items purchased or to make a payment to your child’s
 meal account, log into
www.spsezpaymilfordexempted.com or check with the
 kitchen manager. For more details regarding Nutrition
 services, visit www.milfordschools.org.

For a complete meal, students must
 select ½ cup fruit or juice
 at breakfast.

All Grains are whole grains.

Milk is fat-free or 1% unflavored.

**For comments or concerns about the
 lunch program, contact
 Gerry Levy: 576-2292.**

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 tunity provider. Thank you
 for participating in the school
 lunch program!