

Menu for April 2017

It is our pleasure to serve our students with excellent quality meals! Our Breakfast and Lunches are healthy meals that provide an excellent source of nutrition to all students. Please call Heron Pond School 673-1811 x 5 or Jacques Memorial School 673-4434 x 5 if you have any questions. Daily meals are subject to change due to product availability. **Did you know that April 12th is Grilled Cheese Sandwich Day! April 17th is Health Kids Day!**

**Heron Pond & Jacques Memorial
Elementary Schools, Milford**

This institution is a USDA EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

<p>Monday April 10</p> <p>~Breakfast~ WW & Reduced Sugar Cereal Cheese Stick Fruit, Juice & Milk</p> <p>~Lunch~ Hamburger or Cheeseburger WW Bun Baked Beans Pears or Fresh Fruit 8oz Milk</p>	<p>Tuesday April 11</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Soup & Sandwich Grilled Cheese on a WW Goldfish Bread Tomato Soup Celery Sticks Fruit Cocktail 8oz</p>	<p>Wednesday April 12</p> <p>~Breakfast~ WW & Reduced Sugar Cereal Cheese Stick Fruit, Juice & Milk</p> <p>~Lunch~ WW French Toast Scrambled Eggs Oven Baked Potatoes Orange Juice or Fresh Fruit 8oz Milk</p>	<p>Thursday April 13</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Chicken Teriyaki Asian Brown Rice Carrot Wheels Pears or Fresh Fruit 8oz Milk</p>	<p>Friday April 14</p> <p>~Breakfast~ WG Cinnamon Buns Fruit of the Day or Juice & Milk</p> <p>~Lunch~ Milford House of Pizza Broccoli Assorted Fruit 8oz Milk</p>
<p>Monday April 17</p> <p>~Breakfast~ WW & Reduced Sugar Cereal Cheese Stick Fruit, Juice & Milk</p> <p>~Lunch~ Chicken Patty Or Spicy Chicken Patty On WW Bun 3 Bean Salad Fruit Cocktail or Fresh Fruit 8oz Milk</p>	<p>Tuesday April 18</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Chicken Nuggets Spanish Brown Rice Fresh Carrot Wheels Strawberries or Fresh Fruit 8oz Milk</p>	<p>Wednesday April 19</p> <p>~Breakfast~ WW & Reduced Sugar Cereal Cheese Stick Fruit, Juice & Milk</p> <p>~Lunch~ WW Mini Cinnis Sausage Patty Oven Baked Potatoes Orange Juice or Fresh Fruit 8oz Milk</p>	<p>Thursday April 20</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Meatball Sub WW Bun Broccoli Pears or Fresh Fruit 8oz Milk</p>	<p>Friday April 21</p> <p>~Breakfast~ WG Cinnamon Buns Fruit of the Day or Juice & Milk</p> <p>~Lunch~ Milford House of Pizza Crispy Fresh Celery Sticks Assorted Fruit 8oz Milk</p>

Available Daily for Breakfast

Oatmeal or Parfait Power
Protein of the Day
Fresh Fruit
Juice
Milk

Available Daily for Lunch

Daily Salad Bar in a Basket
Greens, Diced Tomatoes, Diced Cucumbers,
Carrots, Salad Dressing, Choice of Protein
(Ham, Cheese, Turkey, Tuna, 3 Bean Salad),
Whole Wheat Side, Fruit & Milk

**Daily Sandwich Bar /Whole Wheat Bread
Monday-Thursday**
Ham, Ham & Cheese, Turkey, Turkey & Cheese,
Tuna, Grilled Cheese & Sunbutter & Jelly
Friday s - only Grilled Cheese

Prices:

Breakfast: \$1.25 & Lunch: \$2.30 WW = Whole Wheat
Free & Reduced Breakfast & Lunch available (call for details)


Contacts:

Heron Pond Cafeteria: 603-673-1811 ext.5
Jacques Memorial Cafeteria: 603-673-4434 ext.5

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Heron Pond & Jacques Memorial
Elementary Schools, Milford

Monday April 24	Tuesday April 25	Wednesday April 26	Thursday April 27	Friday April 28
				

Monday May 1	Tuesday May 2	Wednesday May 3	Thursday May 4	Friday May 5
<p>~Breakfast~ WW & Reduced Sugar Cereal Cheese Stick Fruit, Juice & Milk</p> <p>~Lunch~ Chicken Patty Or Spicy Chicken Patty On WW Bun 3 Bean Salad Raisins or Fresh Fruit 8oz Milk</p>	<p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Bosco Sticks (Bread Stick with cheese inside) Cucumber Wheels Pears or Fresh Fruit 8oz Milk</p>	<p>~Breakfast~ WW & Reduced Sugar Cereal Cheese Stick Fruit, Juice & Milk</p> <p>~Lunch~ Mini Maple Burst Pancakes Sausage Links Hash Browns Orange Juice or Fresh Fruit 8oz Milk</p>	<p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Turkey with Gravy WW Roll Broccoli Peaches or Fresh Fruit 8oz Milk</p>	<p>~Breakfast~ WG Cinnamon Buns Fruit of the Day or Juice & Milk</p> <p>~Lunch~ Milford House of Pizza Carrot Sticks Assorted Fruit 8oz Milk</p>

Available Daily for Breakfast

Oatmeal or Parfait Power
Protein of the Day
Fresh Fruit
Juice
Milk

Available Daily for Lunch

Daily Salad Bar in a Basket
Greens, Diced Tomatoes, Diced Cucumbers,
Carrots, Salad Dressing, Choice of Protein
(Ham, Cheese, Turkey, Tuna, 3 Bean Salad),
Whole Wheat Side, Fruit & Milk

Daily Sandwich Bar /Whole Wheat Bread Monday-Thursday
Ham, Ham & Cheese, Turkey, Turkey & Cheese,
Tuna, Grilled Cheese & Sunbutter & Jelly
Friday s- only Grilled Cheese

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