

Menu for December 2016 \*Keep on Moving!!! Go on an ABC treasure hunt! Move throughout the house finding items that begin with each letter. When you get to an item do a fun movement such as D = donkey kicks, L = log rolls, or J = jumping jacks. Have fun and keep on moving!

Heron Pond & Jacques Memorial  
Elementary Schools, Milford

This institution is a USDA EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

<p><b>Monday</b> December 5</p> <p>~Breakfast~ WW &amp; Reduced Sugar Cereal Cheese Stick Fruit, Juice &amp; Milk</p> <p>~Lunch~ French Bread Pizza 3 Bean Salad Strawberries or Fresh Fruit 8oz Milk</p>	<p><b>Tuesday</b> December 6</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter &amp; Jelly Fruit or Juice &amp; Milk</p> <p>~Lunch~ Hamburger or Cheeseburger WW Bun Oven Baked Fries Fruit Cocktail or Fresh Fruit 8oz Milk</p>	<p><b>Wednesday</b> December 7</p> <p>~Breakfast~ WW &amp; Reduced Sugar Cereal Cheese Stick Fruit, Juice &amp; Milk</p> <p>~Lunch~ WG French Toast Sticks Scrambled Eggs Sweet Potatoes Orange Juice or Fresh Fruit 8oz Milk</p>	<p><b>Thursday</b> December 8</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter &amp; Jelly Fruit or Juice &amp; Milk</p> <p>~Lunch~ Turkey Hot Dogs WW Bun Celery Apple Slices or Fresh Fruit 8oz Milk</p>	<p><b>Friday</b> December 9</p> <p>~Breakfast~ WG Pumpkin Bread Fruit of the Day Juice &amp; Milk</p> <p>~Lunch~ "Sal's For Schools" Pizza Broccoli Assorted Fruit 8oz Milk</p>
<p><b>Monday</b> December 12</p> <p>~Breakfast~ WW &amp; Reduced Sugar Cereal Cheese Stick Fruit, Juice &amp; Milk</p> <p>~Lunch~ Chicken Patties (Regular or Spicy) WW Bun Cucumber Wheels Peaches or Fresh Fruit 8oz Milk</p>	<p><b>Tuesday</b> December 13</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter &amp; Jelly Fruit or Juice &amp; Milk</p> <p>~Lunch~ Roasted Chicken Spanish Brown Rice Mashed Potatoes Peaches or Fresh Fruit 8oz Milk</p>	<p><b>Wednesday</b> December 14</p> <p>~Breakfast~ WW &amp; Reduced Sugar Cereal Cheese Stick Fruit, Juice &amp; Milk</p> <p>~Lunch~ WW Mini Maple Burst Pancakes Oven Baked Ham Oven Baked Sweet Potatoes Orange Juice or Fresh Fruit 8oz Milk</p>	<p><b>Thursday</b> December 15</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter &amp; Jelly Fruit or Juice &amp; Milk</p> <p>~Lunch~ Chicken Teriyaki Asian Brown Rice Broccoli Pears or Fresh Fruit 8oz Milk</p>	<p><b>Friday</b> December 16</p> <p>~Breakfast~ WG Pumpkin Bread Fruit of the Day Juice &amp; Milk</p> <p>~Lunch~ Milford House of Pizza (Cheese or White Garlic) 3 Bean Salad 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 - 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  
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