


Heron Pond/Jacques Memorial Elementary School

🍁 OCTOBER 2017 Menu 🍁

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken Parmesan Sub WW ROLL Chicken 2oz Cheese 1oz Vegetable ½ Cup Fruit ½ Cup</p>	<p>3 PIZZA Vegetable ½ cup Fruit ½ cup</p>	<p>4 Colonels Famous Bowl Chicken Mashed potato Corn, Cheese Gravy Fruit ½ cup</p>	<p>5 Cheeseburger Beef 2oz Cheese 2oz WW Roll 2oz Potato Wedges Fruit ½ Cup</p>	<p>6 CLOSED TEACHER WORKSHOP</p>
<p>9 CLOSED COLUMBUS DAY</p>  <p style="font-size: small;">shutterstock 64626544</p>	<p>10 Chicken & Cheese Quesadilla Chicken Cheese WW Wrap Vegetable ½ Cup Salsa, Sour Cream Fruit ½ Cup</p>	<p>11 Pasta/w Sauce Garlic Bread Vegetable ½ Cup Fruit ½ Cup</p>	<p>12 BBQ Pork Sandwich Pork BBQ Sauce WW Roll Potato Wedges ½ Cup Fruit ½ Cup</p>	<p>13 PIZZA Vegetable ½ cup Fruit ½ cup</p>
<p>16 Hot Ham & Cheese Sub Ham 3oz WW Roll 2oz Lettuce, Tomatoes Onions, Pickles, Mustard, Mayo Fruit ½ Cup</p>	<p>17 Turkey w/ Gravy over Mashed Potato Green Beans Cranberry Sauce ¼ Stuffing ¼ Cup Fruit ½ Cup</p>	<p>18 Breakfast for Lunch WW Croissant Sausage Cheese Hash Brown ½ Cup Fruit ½ Cup</p>	<p>19 Grilled Cheese WW Bread Cheese Carrot Stix ½ Cup Ranch Dressing Apple Sauce ½ Cup</p>	<p>20 PIZZA Vegetable ½ Cup Fruit ½ Cup</p>
<p>23 Cowboy Burger WW Roll 2oz Burger 3oz Onion Rings Cheese 1oz Vegetable ½ Cup BBQ Sauce 1oz Baked Beans Fruit ½ Cup</p>	<p>24 Chicken & Cheese Taco Salad Meat Cheese WW Wrap Lettuce, Salsa Vegetable ½ Cup Fruit ½ Cup</p>	<p>25 Hot Beef Sundae Beef 2oz Potato 3oz Carrots ½ Cup Gravy 2oz WW Grain 2oz Fruit ½ Cup</p>	<p>26 Baked Potato 1 Potato Ham Cheese WW Grain Fruit ½ Cup</p>	<p>27 PIZZA Vegetable ½ Cup Fruit ½ Cup</p>
<p>30 Sloppy Joe Beef 2oz WW Roll 2oz Vegetable ½ Cup Fruit ½ Cup</p>	<p>31 Halloween Scalloped Potato & Ham Vegetable ½ Cup Fruit ½ Cup Sun Cookie</p> 	<p>11/1 Mac & Cheese Pasta 2oz Cheese 3oz Vegetable ½ Cup Fruit ½ Cup</p>	<p>11/2 Fish Sandwich WW Roll 2oz Fish 2oz Cheese 1oz Potato Wedges ½ Cup Fruit ½ Cup</p>	<p>11/3 PIZZA Vegetable ½ Cup Fruit ½ Cup</p>

Welcome back to an exciting New Year with lots of New Ideas. Stay Tuned!

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 AND EMPLOYER

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
mgallagher1@milfordk12.org

Menus are subject to change due to product availability
 You now have the ability to pay for your students meals on line.
 You can also monitor your child's account balance <http://ezschoolpay.com>

Breakfast Served Daily

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 Sun Butter & Jelly Butter Fruit or Juice, & Milk	WW Cinnamon Donut Fruit or Juice & Milk

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
 WW Croutons, Dressing Milk

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

Welcome back to an exciting New Year with lots of New Ideas. Stay Tuned!
 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 AND EMPLOYER

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
mgallagher1@milfordk12.org

Menus are subject to change due to product availability
 You now have the ability to pay for your students meals on line.
 You can also monitor your child's account balance <http://ezschoolpay.com>