

Menu for May 2017

It is our pleasure to serve our students with 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 we serve fresh fruits and fresh veggies every day! We want kids to know what fresh food taste like.**

Heron Pond & Jacques Memorial Elementary Schools, Milford

This institution is a USDA EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

<p>Monday May 8</p> <p>~Breakfast~ WW & Reduced Sugar Cereal Cheese Stick Fruit, Juice & Milk</p> <p>~Lunch~ Hamburger or Cheeseburger WW Bun Broccoli Pears or Fresh Fruit 8oz Milk</p>	<p>Tuesday May 9</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Corn Chip Nachos with Chicken and Cheese Sauce Tex-Mex Brown Rice Black Bean Salsa Peaches or Fresh Fruit 8oz Milk</p>	<p>Wednesday May 10</p> <p>~Breakfast~ WW & Reduced Sugar Cereal Cheese Stick Fruit, Juice & Milk</p> <p>~Lunch~ WW Mini Maple Burst Pancakes Oven Baked Ham Oven Baked Potatoes Orange Juice or Fresh Fruit 8oz Milk</p>	<p>Thursday May 11</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Chicken Nuggets Spanish Brown Rice Cucumber Wheels Raisins or Fresh Fruit 8oz Milk</p>	<p>Friday May 12</p> <p>~Breakfast~ WG Cinnamon Buns Fruit of the Day or Juice & Milk</p> <p>~Lunch~ Milford House of Pizza Baby Carrots Assorted Fruit 8oz Milk</p>
<p>Monday May 15</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 May 16</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Ham and Cheese Sub (French Bread) WW Pasta Salad Cucumber Wheels Strawberries or Fresh Fruit 8oz Milk</p>	<p>Wednesday May 17</p> <p>Two Hour Early Release ~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 May 18</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Popcorn Chicken Spanish Brown Rice Broccoli Pears or Fresh Fruit 8oz Milk</p>	<p>Friday May 19</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 - Grilled Cheese only

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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<p>Monday May 22</p> <p>~Breakfast~ WW & Reduced Sugar Cereal Cheese Stick Fruit, Juice & Milk</p> <p>~Lunch~ Hamburger or Cheeseburger WW Bun Oven Baked French Fries Pears or Fresh Fruit 8oz Milk</p>	<p>Tuesday May 23</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Chicken Tocos Tex-Mex Brown Rice Black Bean Salsa Raisins or Fresh Fruit 8oz Milk</p>	<p>Wednesday May 24</p> <p>~Breakfast~ WW & Reduced Sugar Cereal Cheese Stick Fruit, Juice & Milk</p> <p>~Lunch~ WW Pancakes Oven Baked Ham Oven Baked Sweet Potatoes Orange Juice or Fresh Fruit 8oz Milk</p>	<p>Thursday May 25</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Chicken Teriyaki Asian Brown Rice Green Beans Peaches or Fresh Fruit 8oz Milk</p>	<p>Friday May 26</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>
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<p>Monday May 29</p>  <p>THANK YOU!</p>	<p>Tuesday May 30</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or 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>Wednesday May 31</p> <p>~Breakfast~ WW & Reduced Sugar Cereal Cheese Stick Fruit, Juice & Milk</p> <p>~Lunch~ WW Mini Cinnis Yogurt Oven Baked Potatoes Orange Juice or Fresh Fruit 8oz Milk</p>	<p>Thursday June 1</p> <p>~Breakfast~ WW Bagel, Cream Cheese or Sunbutter & Jelly Fruit or Juice & Milk</p> <p>~Lunch~ Ham and Cheese Sub (French Bread) WW Pasta Salad Celery or Broccoli Apple Sauce or Fresh Fruit 8oz Milk</p>	<p>Friday June 2</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>
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Breakfast

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Protein of the Day
Fresh Fruit
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Carrots, Salad Dressing, Choice of Protein
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Whole Wheat Side, Fruit & Milk

Daily Sandwich Bar /Whole Wheat Bread
Monday-Thursday
Ham, Ham & Cheese, Turkey, Turkey Cheese,
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