


JANUARY 2018 MENU Jacques Elementary

All meals are served with 1% or fat free flavored milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 HAPPY NEW YEAR CLOSED</p> 	<p>2 Mac & Cheese WW Pasta Cheese Vegetable ½ Cup Fruit ½ Cup</p>	<p>3 Beef Chili 1 Cup Cheese 1oz Fruit ½ Cup Vegetable ½ Cup</p>	<p>4 Chicken w/ pasta & Sauce Cheese Vegetable ½ Cup Fruit ½ Cup</p>	<p>5 Pizza Vegetable ½ Cup Fruit ½ Cup</p>
<p>8 Beef Burger Burger Cheese WW Bun Vegetable ½ Cup Fruit ½ Cup</p>	<p>9 Chicken Fajita Wrap WW Wrap Chicken Cheese Vegetable ½ Cup Fruit ½ Cup</p>	<p>10 Philly Cheese Steak Sub WW Roll Vegetable ½ Cup Fruit ½</p>	<p>11 Chicken, Broccoli, Ziti Vegetable ½ cup Fruit ½ cup</p>	<p>12 Pizza Vegetable ½ Cup Fruit ½ Cup</p>
<p>15 CLOSED MLK</p>	<p>16 CLOSED TEACHER WORKSHOP</p>	<p>17 Breakfast for Lunch Scrambled Ham, Egg, and Cheese Hash Brown Fruit ½ Cup</p>	<p>18 Popcorn Chicken & Fries Vegetable ½ Cup Fruit ½ Cup</p>	<p>19 Pizza Vegetable ½ Cup Fruit ½ Cup</p>
<p>22 Deli Sandwich Bar Ham or Turkey Cheese Choice of toppings ½ Cup Mustard, Mayo Fruit ½ Cup</p>	<p>23 Cheese Quesadilla WW Wrap Cheese Vegetable ½ Cup Fruit ½ Cup</p>	<p>24 Pasta with Red sauce WW Pasta Sauce Salad 1 Cup Fruit ½ Cup</p>	<p>25 Fish stix Rice Carrots Fruit</p>	<p>26 Pizza Vegetable ½ Cup Fruit ½ Cup</p>
<p>29 Deli Sandwich Bar Ham or Turkey Cheese Choice of toppings ½ Cup Mustard, Mayo Fruit ½ Cup</p>	<p>30 Hot Dog WW Bun Vegetable ½ Cup Fruit ½ Cup</p>	<p>31 Chicken Teriyaki Rice Bowl Chicken Rice Vegetable ½ Cup Fruit ½ Cup</p>	<p>2/1 BBQ Pork Sandwich Pork WW Roll Vegetable ½ Cup Fruit ½ Cup</p>	<p>2/2 Pizza Vegetable ½ Cup Fruit ½ Cup</p>

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

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