

St. Columban School 2011-2012 Self Serve Lunch Menu

Monthly specials will be posted on the district website

LUNCH MENU #1

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|---------------|---|----------------|--|------------------|---|-----------------|---|---------------|---|
| MONDAY | Macaroni & Cheese or Little Caesar's Pizza & *Pasta, Salad, Vegetables, *Fruit Crisp | TUESDAY | Taco Tuesday Taco Meat in a bag of *Fritos w/Cheese, Lettuce, Salsa & *Brown Rice, Salad, Vegetables, Fruit | WEDNESDAY | Chicken Nuggets w/ Dipping Sauce *WG Pretzel Rod & *Pasta, Salad, Vegetables, Fruit | THURSDAY | Turkey Thursday Chili-Cheese Coney (low-fat turkey) on a *WG Bun & Baked Beans, *Pasta, Salad, Vegetables, Fruit | FRIDAY | Specialty Pizza or Assorted Entrees & *Pasta, Salad, Vegetables, Fruit |
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LUNCH MENU #2

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| MONDAY | Toasted Cheese on *WG Bread w/Tomato Soup or Little Caesar's Pizza & *Pasta, Salad, Vegetables, *Fruit Crisp | TUESDAY | Pasta & Meat Sauce or Meatballs *WG Roll & *Pasta, Salad, Vegetables, Fruit | WEDNESDAY | Chicken Nuggets w/ Dipping Sauce *WG Pretzel Rod & *Pasta, Salad, Vegetables, Fruit | THURSDAY | St Columban Burger Sliders (2) on *WG Buns w/ Baked Potatoes & *Pasta, Salad, Vegetables, Fruit | FRIDAY | Specialty Pizza or Assorted Entrees & *Pasta, Salad, Vegetables, Fruit |
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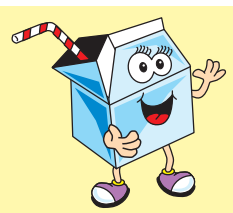

LUNCH MENU #3

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|---------------|--|----------------|---|------------------|--|-----------------|---|---------------|---|
| MONDAY | Corn Dog w/Dipping Sauce or Little Caesar's Pizza, & Baked Beans, *Pasta, Salad, Vegetables, *Fruit Crisp | TUESDAY | Taco Tuesday Taco in a bag of *Fritos w/Cheese, Lettuce, Salsa & *Brown Rice, Salad, Vegetables, Fruit | WEDNESDAY | Chicken Nuggets w/ Dipping Sauce, *WG Pretzel Rod & *Pasta, Salad, Vegetables, Fruit | THURSDAY | Brunch for Lunch (Turkey) Sausage w/ *WG Pancakes & Syrup French Toast w/Syrup & *Pasta, Salad, Vegetables, Warm Fruit Topping | FRIDAY | Specialty Pizza or Assorted Entrees & *Pasta, Salad, Vegetables, Fruit |
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LUNCH MENU #4

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| MONDAY | Popcorn Chicken w/ Dipping Sauce & *WG Roll or Little Caesar's Pizza & *Pasta, Salad, Vegetables, *Fruit Crisp | TUESDAY | Pizza Dippers w/Marinara Dipping Cup & *Pasta, Salad, Vegetables, Fruit | WEDNESDAY | Chicken Nuggets w/ Dipping Sauce, *WG Pretzel Rod & *Pasta, Salad, Vegetables, Fruit | THURSDAY | Burger/ on a *WG Bun w/Cheese, Lettuce, Pickle Skin on Potatoes & *Pasta, Salad, Vegetables, Fruit | FRIDAY | Specialty Pizza or Assorted Entrees & *Pasta, Salad, Vegetables, Fruit |
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Alternate Entrees (Served daily, unless noted.)

- Chef Salad w/***WG Croutons**
- Deli Meat & Cheese on ***WG Bread**
- PBJ Uncrustables
- *WG Pizza** (Tuesday & Wednesday)
- Yogurt Fun Tray w/String Cheese & ***WG Fish Crackers**
- Pretzel Meal w/Cheese Sauce (occasionally)
- Grilled Chicken on a ***WG Bun** (weekly)

Regular Lunch

Grades 1-6 \$2.40
Grades 7-8 \$2.50
Adult \$3.25

Super Lunch

Grades 7-8 \$3.00
Adult \$3.75
Extra Milk \$.50

How Self-Serve works:

- The entrée is served.
- Side items are self-serve.
- Students may select Rice/Pasta, Salad w/Spring Mix, fruits, and vegetables.

- Super Lunches include such items (with larger servings) as: X-Large Specialty Pizza, Bosco Cheese Sticks, Spicy or Home-Style Chicken Patty, Nachos & Cheese, Double Cheeseburger, Cheese Coney, Foot Long Hot Dog, Stuffed Crust Pizza, Philly Steak.
- Assorted Entrees include items off the regular menu plus some special items that are not part of the regular menu.

- This menu is subject to change without notice.
- A choice of skim, 1% white, 1% chocolate milk is served with each meal.
- Whole grain options are denoted in bold w/an * (WG Pasta is mixed with regular)
- To meet sodium requirements condiments must be limited to two packets per meal. There is a charge for extra packets.
- Specialty Pizza is offered w/plain cheese or a veggie topping.
- Biodegradable trays are used at this school.
- Kitchen Manager: Kaye Sirk Staff: Sandy Jones, Sally Hittner, Christie Wilson, & Carrie Thomason

Please make separate lunch checks payable to Milford Nutrition Services. For lunch balances, to prepay, or to find information regarding your child's food purchases, please check online at "EZ Pay" www.spsezpaymilfordexempted.com. For comments or concerns contact Gerry Levy @ 576-2292

- **Please save this menu;** it will be used for the remainder of the school year. Additional menus may be printed from the Milford Schools' website.

THANKS FOR YOUR SUPPORT OF SCHOOL MEALS

Follow the menu with its calendar day.
Each week is represented by color and represents a 4-week cycle menu.

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. *In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

| AUGUST 2011 | SEPTEMBER 2011 | OCTOBER 2011 | NOVEMBER 2011 | DECEMBER 2011 | JANUARY 2012 | FEBRUARY 2012 | MARCH 2012 | APRIL 2012 | MAY 2012 |
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