

Regular Lunch:
 Grades 1-6 \$2.40
 Grades 7-8 \$2.50
 Adult \$3.25
Super Lunch:
 Grades 7-8 \$3.00
 Adult Lunch \$3.75
 Milk \$.50

Alternate Entrees
 Served daily, unless noted.)
 -Chef Salad w/*WG Croutons
 -Deli Meat & Cheese on *WG Bread
 -PB&J Uncrustables
 -*WG Pizza (Tuesday & Wednesday)
 Little Caesar Mon
 -Specialty Pizza (Fri)
 -Yogurt Fun Tray w/String Cheese & *WG Fish Crackers
 -Pretzel Meal w/Cheese Sauce

Our employees encourage & teach students to make healthy choices for a healthy lifestyle.

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.

Thank you for your support of the lunch program.

St. Columban School
March 2010
Self-Serve Lunch Menu



To meet sodium requirements condiments must be limited to two packets per meal. There is a charge for extra packets.

(The menu is subject to change without notice due to price and availability of food)
 -A choice of skim 1% white, chocolate or strawberry milk is served with each meal.
 -Whole grain options are in bold w/an * Our program uses Klosterman "Harvest" whole grain bread.

Super Lunches include such items (with larger servings) as: X-Large Specialty Pizza, Bosco Cheese Sticks, Steak Hoagie, Spicy or Home-Style Chicken Patty, Calzone, Nachos & Cheese, Double Cheeseburger, Cheese Coney, Foot Long Hot Dog, Stuffed Crust Pizza, Philly Steak, Mozzarella Cheese Sticks or Pizza Bagel

Assorted Entrees include items off the regular menu plus some special items that are not on the regular menu.

Monday	Tuesday	Wednesday	Thursday	Friday
3/1	2	3	4	5
Toasted Cheese Sandwich on *WG Bread, or Little Caesar's, Tomato Soup & Pasta, Salad, Vegetables, Fruit	Taco Tuesday Soft Taco w/Cheese, Lettuce & Salsa & *Brown Rice, Salad, Vegetables, Fruit	Chicken Nuggets w/Dipping Sauce, Wheat Roll or *WG Pretzel Rod, & Pasta, Salad, Vegetables, Fruit	Hot Dog (Low-fat Turkey) on *WG Bun & Baked Beans, Pasta, Salad, Vegetables, Fruit Pudding	Assorted Entrees or Specialty Pizza & Pasta, Salad, Vegetables, Fruit
8	9	10	11	12
Burger/on a *WG Bun w/Cheese, Lettuce, & Pickle or Little Caesar's Mashed Potatoes, & Pasta, Salad, Vegetables,	Brunch for Lunch Sausage w/*WG Pancakes & Syrup & Pasta, Salad, Vegetables, Warm Fruit Topping	Chicken Nuggets w/Dipping Sauce, *WG Pretzel Rod or Wheat Roll, & Pasta, Salad, Vegetables, Fruit	Johnny Appleseed Day Specialty Pizza or BBQ Riblet on *WG Bun, Baked Beans, & Pasta, Salad, Vegetables, Apples	No School
15	16	17	18	19
Meatball & Mozzarella Cheese on a *WG Sub Bun or Little Caesar's & Pasta, Salad, Vegetables, Fruit	Taco Tuesday *Hard Taco w/Cheese, Lettuce & Salsa & *Brown Rice, Salad, Vegetables, Fruit	St. Patrick's Day Chicken Nuggets w/Choice of Honey or BBQ Sauce, *WG Pretzel Rod or Wheat Roll, & Pasta, Salad, Vegetables, Fruit Giveaway!	Pizza Dippers w/marinara Sauce & Pasta, Salad, Vegetables, Fruit	Assorted Entrees or Specialty Pizza & Pasta, Salad, Vegetables, Fruit
22	23	24	25	26
*WG Corn Dog w/Dipping Sauce or Little Caesar's & Baked Beans Pasta, Salad, Vegetables, *Fruit Crisp	Spaghetti & Meat Sauce w/ Garlic Toast & Pasta, Salad, Vegetables, Fruit	Chicken Nuggets w/Choice of Honey or BBQ Sauce, *WG Pretzel Rod or Wheat Roll, & Pasta, Salad, Vegetables, Fruit	Fish Treasures & Macaroni w/Cheese & Pasta, Salad, Vegetables, Fruit Deep Blue Sea Gelatin	Assorted Entrees or Specialty Pizza & Pasta, Salad, Vegetables, Fruit

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 or information regarding your child's lunch account, please contact the kitchen or check online for free @ www.cafeprepay.com.

For comments/concerns contact Gerry Levy @ 831-5030 x13. Thank you for your support of our program!

New Wellness Goals for 2009-10: To serve fish more often and to increase our vegetarian options.