

# Breakfast Offered Every School Day Morning in Paddock Cafeteria from 8:30 to 9:00 am

## \$1.00 Full Pay    \$.30 Reduced    Free Eligible is Free

Offering Hot Entrees, Assorted Reduced Sugar Cereal, WG Bread Choices, Bagel, Yogurt, Oatmeal, Fruit Choice, Milk

### PADDOCK LUNCH MENU DEC 5-FEB 3, 2012

Menus available on line at [www.milanareaschools.org](http://www.milanareaschools.org)

Students may choose an alternate to main entrée of a PBJ Pocket Sandwich everyday

ALL MEALS INCLUDE MILK – 1% White, Fat Free Chocolate

MENU SUBJECT TO CHANGE WITHOUT NOTICE

<p>5 Popcorn Chicken Mashed Potatoes w/Gravy Fruit Choice <b>OR</b>  Balanced Choices Meal: <i>Grab and Go Bag Lunch</i> Cheerios Yogurt Cup &amp; Ham Cubes Graham Crackers Apple Juice &amp; Milk Choice</p>	<p>6 Soft Taco Golden Corn/Fruit Choice <b>OR</b>  Balanced Choices Meal: <i>Grab and Go Bag Lunch</i> Cheerios Yogurt Cup &amp; Ham Cubes Graham Crackers Apple Juice &amp; Milk Choice</p>	<p>7 Pasta w/Meatballs Tossed Salad/Fruit/Roll <b>OR</b>  Balanced Choices Meal: <i>Grab and Go Bag Lunch</i> Cheerios Yogurt Cup &amp; Ham Cubes Graham Crackers Apple Juice &amp; Milk Choice</p>	<p>8 Big Daddy's Cheese Pizza Fresh Veggies w/Dip Fruit Choice <b>OR</b>  Balanced Choices Meal: <i>Grab and Go Bag Lunch</i> Cheerios Yogurt Cup &amp; Ham Cubes Graham Crackers Apple Juice &amp; Milk Choice</p>	<p>9 Macaroni and Cheese Green Beans/Fruit Choice <b>OR</b>  Balanced Choices Meal: <i>Grab and Go Bag Lunch</i> Cheerios Yogurt Cup &amp; Ham Cubes Graham Crackers Apple Juice &amp; Milk Choice</p>
<p>12 HALF DAY BREAKFAST ONLY</p>	<p>13  Balanced Choices Meal: Chicken Nuggets w/Roll Mashed Potato/Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Chocolate Mini Wheats Hard Cooked Egg/Carrots Applesauce/Fruit Snack</p>	<p>14 Yogurt Parfait w/ Mixed Berries/Mini Banana Giant Goldfish Grahams <b>OR</b> <i>Grab and Go Bag Lunch</i> Chocolate Mini Wheats Hard Cooked Egg/Carrots Applesauce/Fruit Snack</p>	<p>15 Bosco Cheese Stuffed Crust Pizza Tossed Salad/Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Chocolate Mini Wheats Hard Cooked Egg/Carrots Applesauce/Fruit Snack</p>	<p>16  Balanced Choice Meal: Hot Dog on Bun Mixed Veg't/Oven Fries/Fruit <b>OR</b> <i>Grab and Go Bag Lunch</i> Chocolate Mini Wheats Hard Cooked Egg/Carrots Applesauce/Fruit Snack</p>
<p>19  Balanced Choices Meal: Tonys Pepperoni &amp; Cheese Pizza Seasoned Broccoli Warm Baked Apple Slices <b>OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup String Cheese/ Fresh Veggies</p>	<p>20 Nachos w/Meat &amp; Cheese Golden Corn/Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup String Cheese/Fresh Veggie</p>	<p>21 Turkey Gravy Mashed Potato/Peas/Fruit <b>OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup String Cheese/Fresh Veggies</p>	<p>22 Pizza Bagel Cucumbers/Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup String Cheese/Fresh Veggies</p>	<p>23 NO SCHOOL</p>
<p>JAN 9  Balanced Choices Meal: Chicken Tenders/White Rice Fresh Carrots/Applesauce <b>OR</b> <i>Grab and Go Bag Lunch</i> Sliced Ham &amp; Cheese on Bun Fruit Juice/Carrot Sticks Rice Krispie Treat</p>	<p>10 Pancake Sausage Wrap Potato Stars/Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Sliced Ham &amp; Cheese on Bun Fruit Juice/Carrot Sticks Rice Krispie Treat</p>	<p>11  Balanced Choices Meal: Corn Dog Nuggets Potato Wedges/Carrot/Apple <b>OR</b> <i>Grab and Go Bag Lunch</i> Sliced Ham &amp; Cheese on Bun Fruit Juice/Carrot Sticks Rice Krispie Treat</p>	<p>12 Pizza Dippers California Blend/Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Sliced Ham &amp; Cheese on Bun Fruit Juice/Carrot Sticks Rice Krispie Treat</p>	<p>13 Yogurt Parfait w/ Mixed Berries/Mini Banana Giant Goldfish Grahams <b>OR</b> <i>Grab and Go Bag Lunch</i> Sliced Ham &amp; Cheese on Bun Fruit Juice/Carrot Sticks Rice Krispie Treat</p>
<p>16 NO SCHOOL Martin Luther King Day</p>	<p>17 Soft Taco Golden Corn/Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup Cheese Cube/Diced Fruit</p>	<p>18  Balanced Choices Meal: Chicken Patty on Bun Tossed Salad/Fresh Orange <b>OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup Cheese Cube/Diced Fruit</p>	<p>19 Pizza Choice Fresh Veggies w/Dip/Fruit <b>OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup Cheese Cube/Diced Fruit</p>	<p>20 Mini Pancakes w/Sausage Tri Tator/Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup Cheese Cube/Diced Fruit</p>
<p>23 Popcorn Chicken AuGratin Potato/Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Submarine Sandwich Fruit Cup/Carrots/Chip Bag</p>	<p>24 Cheeseburger on Bun Oven Fries/Mixed Fruit <b>OR</b> <i>Grab and Go Bag Lunch</i> Submarine Sandwich Fruit Cup/Carrots/Chip Bag</p>	<p>25  Balanced Choices Meal: Beef Ravioli w/Breadstick Tender Peas/Mandarin Oranges <b>OR</b> <i>Grab and Go Bag Lunch</i> Submarine Sandwich Fruit Cup/Carrots/Chip Bag</p>	<p>26 Bosco Stuffed Pizza Stick Cheese Cube/Celery/Fruit <b>OR</b> <i>Grab and Go Bag Lunch</i> Submarine Sandwich Fruit Cup/Carrots/Chip Bag</p>	<p>27 HALF DAY BREAKFAST ONLY</p>
<p>30  Balanced Choices Meal: Chicken Nuggets w/Roll Mashed Potato/Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Apple Jacks Cereal Yogurt Cup and Ham Cubes Choc Chip Cookie/Mixed Fruit</p>	<p>31 Nachos w/Meat &amp; Cheese Golden Corn/Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Apple Jacks Cereal Yogurt Cup and Ham Cubes Choc Chip Cookie/Mixed Fruit</p>	<p>FEB 1 Grilled Cheese Sandwich Oven Fries/Fresh Grapes <b>OR</b> <i>Grab and Go Bag Lunch</i> Apple Jacks Cereal Yogurt Cup and Ham Cubes Choc Chip Cookie/Mixed Fruit</p>	<p>2  Balanced Choices Meal WG Cheese and Pepperoni Pizza California Blend/Diced Pears <b>OR</b> <i>Grab and Go Bag Lunch</i> Apple Jacks Cereal Yogurt Cup and Ham Cubes Choc Chip Cookie/Mixed Fruit</p>	<p>3 Scrambled Eggs Biscuit and Gravy/Tri Potato Fruit Choice <b>OR</b> <i>Grab and Go Bag Lunch</i> Apple Jacks Cereal Yogurt Cup and Ham Cubes Choc Chip Cookie/Mixed Fruit</p>

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Chartwells' Balanced Choice Program Promotes snacks, beverages and meals that meet precise nutrition parameters which endorse healthy eating guidelines. No more than 30% calories from fat. No more than 10% calories from saturated fat. No more than 100 mg of cholesterol. No more than 1300 mg of sodium. Must meet specific parameters for calories, protein, calcium, iron, vitamin A, vitamin C and fiber.

**Please make checks payable to MAS Food Service**

Student Hot Lunch \$2.00 **OR** *Grab and Go Bag Lunch* \$2.25 Reduced \$.40 Milk only \$.50 Adult Lunch \$3.25

Chartwells is pleased to be of service to the Milan Area School Food Service. Comments can be directed to Judi Burgio, Director, at 439-5011.