

# Breakfast Offered Every School Day Morning in Symons Cafeteria from 8:50 to 9:05 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

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

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

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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

5 French Toast w/Sausage Star Potatoes <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Cereal Choice/Milk Cheese Cubes/Applesauce Frozen Fruit Shape Up	6 Bosco Pizza Stick Cojack Cheese Cube <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Cereal Choice/Milk Cheese Cubes/Applesauce Frozen Fruit Shape Up	7  Balanced Choice Meal: Ravioli w/Meat Sauce Bread Slice/Green Beans Mandarin Oranges <b>OR Sandwich Central OR</b> Cereal Choice/Milk Cheese Cubes/Applesauce Frozen Fruit Shape Up	8 Soft Taco Refried Beans <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Cereal Choice/Milk Cheese Cubes/Applesauce Frozen Fruit Shape Up	9 Grilled Cheese Sandwich Mini Corn Cob/Potato Chips <b>OR Salad Barw/Sft Pretzel OR</b> Cereal Choice/Milk Cheese Cubes/Applesauce Frozen Fruit Shape Up
12  HALF DAY BREAKFAST ONLY	13 Cheese Stuffed Crust Pizza <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Tossed Salad Topped with Turkey & Cheese/Soft Pretzel Fresh Fruit/Milk Choice	14  Balanced Choice Meal: Chicken Patty on Bun Tossed Salad/Fresh Orange <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Tossed Salad Topped with Turkey & Cheese/Sft Pretzel Fresh Fruit/Milk Choice	15 Cheese Quesadilla Golden Corn <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Tossed Salad Topped with Turkey & Cheese/Sft Pretzel Fresh Fruit/Milk Choice	16  Balanced Choice Meal: Corn Dog Nuggets Oven Fries/Carrot/Apple <b>OR Yogurt Parfait Bar OR</b> <i>Grab and Go Bag Lunch</i> Tossed Salad Topped with Turkey & Cheese/Soft Pretzel Fresh Fruit/Milk Choice
19 Macaroni and Cheese Green Beans <b>OR Sandwich Central OR</b> Balanced Choice Meal: Cheerios Yogurt & Ham Cubes Graham Crackers Apple Juice & Milk Choice	20 Big Daddy's Cheese and Pepperoni Pizza <b>OR Sandwich Central OR</b> Balanced Choice Meal: Cheerios Yogurt & Ham Cubes Graham Crackers Apple Juice & Milk Choice	21 Turkey Gravy Mashed Potato/Tender Peas <b>OR Sandwich Central OR</b> Balanced Choice Meal: Cheerios Yogurt & Ham Cubes Graham Crackers Apple Juice & Milk Choice	22 Nachos w/Meat & Cheese Golden Corn <b>OR Sandwich Central OR</b> Balanced Choice Meal: Cheerios Yogurt & Ham Cubes Graham Crackers Apple Juice & Milk Choice	23  NO SCHOOL
JAN 9  Balanced Choice Meal: Chicken Nuggets w/ Roll Mashed Potatoes/Fruit Choice <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> PBJ Pocket Sandwich/Carrots Fruit Cup/Choc Chip Cookie	10  Balanced Choice Meal: Tony's Cheese/Pepperoni Pizza Seasoned Broccoli/Bk Apples <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> PBJ Pocket Sandwich/Carrots Fruit Cup/Choc Chip Cookie	11 Chicken Drumstick Au Gratin Potatoes <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> PBJ Pocket Sandwich/Carrots Fruit Cup/Choc Chip Cookie	12 Taco Filled Pizza Wedges Golden Corn <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> PBJ Pocket Sandwich/Carrot Fruit Cup/Choc Chip Cookie	13 Foot Long Hot Dog Baked Beans <b>OR Yogurt Parfait Bar OR</b> <i>Grab and Go Bag Lunch</i> PBJ Pocket Sandwich/Carrots Fruit Cup/Choc Chip Cookie
16  NO SCHOOL Martin Luther King Day	17 Pizza Choice <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup String Cheese/ Fresh Veggies	18 Scrambled Egg/Sausage Biscuit and Gravy Potato Triangle <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup String Cheese/FreshVeggies	19 Soft Taco Golden Corn <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup String Cheese/Fresh Veggies	20 Cheeseburger on Bun Seasoned Fries <b>OR Salad Barw/Sft Pretzel OR</b> <i>Grab and Go Bag Lunch</i> Yogurt Cup w/Muffin/Jc Cup String Cheese/ FreshVeggies
23  Balanced Choice Meal: Chicken Tenders/White Rice Fresh Carrots/Applesauce <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Sliced Ham & Cheese on Bun Fruit Cup/Carrot Sticks/Fruit Snack	24 Pizza Dippers <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Sliced Ham & Cheese on Bun Fruit Cup/Carrot Sticks/Fruit Snack	25 Pasta w/Meatballs California Blend <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Sliced Ham & Cheese on Bun Fruit Cup/Carrot Stix/Fruit Snack	26 Burrito Golden Corn <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Sliced Ham & Cheese on Bun Fruit Cup/Carrot Stix/Fruit Snack	27  HALF DAY BREAKFAST ONLY
30 Popcorn Chicken Mashed Potatoes w/Gravy <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Cereal Choice/Cheese Cube HC Egg/Applesauce/Frz Fruit Bar	31 Pizza Bagel <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Cereal Choice/Cheese Cube HC Egg/Applesauce/Frz Fruit Bar	FEB 1  Balanced Choice Meal: Hot Dog on Bun Mixed Veg't/Oven Fries <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Cereal Choice/Cheese Cube HC Egg/Applesauce/Frz Fruit Bar	2 Nachos w/Meat & Cheese Golden Corn <b>OR Sandwich Central OR</b> <i>Grab and Go Bag Lunch</i> Cereal Choice/Cheese Cube HC Egg/Applesauce/Frz Fruit Bar	3  Balanced Choice Meal: Chicken Patty on Bun Tossed Salad/Fresh Orange <b>OR Yogurt Parfait Bar OR</b> <i>Grab and Go Bag Lunch</i> Cereal Choice/Cheese Cube HC Egg/Applesauce/Frz Fruit Bar

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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 Reduced \$.40 Milk only \$.50 Adult Lunch \$3.25

*Grab and Go Bag Lunch* \$2.25 available at the ala carte window only

SANDWICH CENTRAL PREMIUM STUDENT LUNCH \$2.25

Includes Make Your Own Sandwich Bar /Pretzel Bag/Milk/Choice of Two Different Fruit/Vegetable on the Food Bar

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.