

SYMONS LUNCH MENU MAY 10-JUNE 11, 2010

Menus available on line at www.milanareaschools.org

ALL MEALS INCLUDE MILK – 1% White, 1% Chocolate, Strawberry, Vanilla, White Skim

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Monday		Tuesday		Wednesday		Thursday		Friday	
10	French Toast Sticks w/Sausage and Tri Tator OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Bagel/Mozzarella Cheese Cup Pizza Sauce/Juice Cup Milk/Fruit Snacks	11	French Bread Pizza OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Bagel/Mozzarella Cheese Cup Pizza Sauce/Juice Cup Milk/Fruit Snacks	12	Balanced Choice Meal: Beef Ravioli w/Meat Sauce Breadstick/Tender Peas Mandarin Oranges OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Bagel/Mozzarella Cheese Cup Pizza Sauce/Juice Cup Milk/Fruit Snacks	13	Soft Taco Golden Corn OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Bagel/Mozzarella Cheese Pizza Sauce/Juice Cup Milk/Fruit Snacks	14	Balanced Choice Meal: Chicken Nuggets w/Roll Mashed Potatoes/Fruit Choice OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Bagel/Mozzarella Cheese Cup Pizza Sauce/Juice Cup Milk/Fruit Snacks
17	Macaroni and Cheese Green Beans OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Cereal Choice Yogurt Cup/Cheese Pkt Fruit Cup/Carrot Sticks/Milk	18	Stuffed Crust Pizza OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Cereal Choice Yogurt Cup/Cheese Pkt Fruit Cup/Carrot Sticks/Milk	19	Balanced Choice Meal: Chicken Patty on Bun Tossed Salad/Fresh Orange OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Cereal Choice Yogurt Cup/Cheese Pkt Fruit Cup/Carrot Sticks/Milk	20	Nachos w/Meat & Cheese Golden Corn OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Cereal Choice Yogurt Cup/Cheese Pkt Fruit Cup/Carrot Sticks/Milk	21	Balanced Choice Meal: WG Cheese/Pepperoni Pizza Seasoned Broccoli/Mixed Fruit OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Cereal Choice Yogurt Cup/Cheese Pkt Fruit Cup/Carrot Sticks/Milk
24	Balanced Choice Meal: Chicken Dippers or Nuggets Mashed Potatoes/Fruit Choice OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Tossed Salad Topped with Turkey & Cheese/Sft Pretzel Fresh Fruit/Milk Choice	25	Big Daddy's Cheese and Pepperoni Pizza OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Tossed Salad Topped with Turkey & Cheese/Sft Pretzel Fresh Fruit/Milk Choice	26	Balanced Choice Meal: Hamburger on Bun Tossed Salad/Tender Peas Fresh Fruit OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Tossed Salad Topped with Turkey & Cheese/Sft Pretzel Fresh Fruit/Milk Choice	27	Burrito Golden Corn OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Tossed Salad Topped with Turkey & Cheese/Sft Pretzel Fresh Fruit/Milk Choice	28	Breakfast Bar OR Sandwich Central OR <i>Grab and Go Bag Lunch</i> Tossed Salad Topped with Turkey & Cheese/Sft Pretzel Fresh Fruit/Milk Choice
31	MEMORIAL DAY	June 1	Bosco Stuffed Crust Pizza OR Sandwich Central OR Balanced Choice Meal: <i>Grab and Go Bag Lunch</i> Honeynut Cheerios Yogurt Cup & Ham Cubes Graham Crackers Apple Juice & Milk Choice	2	Corn Dog or Nuggets Curly Fries OR Sandwich Central OR Balanced Choice Meal: <i>Grab and Go Bag Lunch</i> Honeynut Cheerios Yogurt Cup & Ham Cubes Graham Crackers Apple Juice & Milk Choice	3	Soft Taco Golden Corn OR Sandwich Central OR Balanced Choice Meal: <i>Grab and Go Bag Lunch</i> Honeynut Cheerios Yogurt Cup & Ham Cubes Graham Crackers Apple Juice & Milk Choice	4	Grilled Cheese Sandwich Vegetable Choice/Chip Bag OR Sandwich Central OR Balanced Choice Meal: <i>Grab and Go Bag Lunch</i> Honeynut Cheerios Yogurt Cup & Ham Cubes Graham Crackers Apple Juice & Milk Choice
7	Popcorn Chicken Vegetable Choice OR Sandwich Central OR Grab and Go Bag Lunch Choice	8	Pizza Choice OR Sandwich Central OR Grab and Go Bag Lunch Choice	9	Cook's Choice OR Sandwich Central OR Grab and Go Bag Lunch Choice	10	Hot Dog Lunch OR Grab and Go Bag Lunch Choice	11	HALF DAY Thank you for purchasing school meals. Have a safe and fun summer.

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BALANCED CHOICES MEAL

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 /Chip Bag/Milk/Choice of Two Different Fruit/Vegetable on the Food Bar

BREAKFAST MENU OFFERED EVERY MORNING

A choice of two different: assorted cereal, string cheese, yogurt, muffin, whole grain bread choice, oatmeal, pro ball OR a bagel and cream cheese

Students will also receive a choice of a juice and/or milk

Student Price \$1.00 Reduced Price \$.30 Adult Price \$1.50

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.