

PADDOCK LUNCH MENU MAY 10-JUNE 11, 2010

Menus available on line at www.milanareaschools.org

Students may choose an alternate to main entrée of a PBJ Pocket Sandwich everyday
 ALL MEALS INCLUDE MILK – 1% White, 1% Chocolate, White Skim MENU SUBJECT TO CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
10 Balanced Choices Meal: Chicken Nuggets w/Roll Mashed Potato/Fruit Choice OR <i>Grab and Go Bag Lunch</i> Cocoa Puffs Cereal Cojack Cheese Cubes Fresh Fruit/Fruit Snack Milk Choice	11 Cheese Quesadilla Golden Corn/Fruit Choice OR <i>Grab and Go Bag Lunch</i> Cocoa Puffs Cereal Cojack Cheese Cubes Fresh Fruit/Fruit Snack Milk Choice	12 Balanced Choices Meal: Hamburger on Bun Tossed Salad/Tender Peas Fresh Fruit Choice OR <i>Grab and Go Bag Lunch</i> Cocoa Puffs Cereal Cojack Cheese Cubes Fresh Fruit/Fruit Snack Milk Choice	13 Bosco Stuffed Crust Pizza Fresh Veggies w/Dip Fruit Choice OR <i>Grab and Go Bag Lunch</i> Cocoa Puffs Cereal Cojack Cheese Cubes Fresh Fruit/Fruit Snack Milk Choice	14 Macaroni and Cheese Green Beans/Fruit Choice OR <i>Grab and Go Bag Lunch</i> Cocoa Puffs Cereal Cojack Cheese Cubes Fresh Fruit/Fruit Snack Milk Choice
17 Balanced Choices Meal: Pepperoni and Cheese 4x6 WG Pizza Seasoned Broccoli/Mixed Fruit OR <i>Grab and Go Bag Lunch</i> Submarine Sandwich Applesauce Cup/Carrot Sticks Chip Bag/Milk Choice	18 Soft Taco Golden Corn/Fruit Choice OR <i>Grab and Go Bag Lunch</i> Submarine Sandwich Applesauce Cup/Carrot Stick Chip Bag/Milk Choice	19 Balanced Choices Meal: Beef Ravioli w/Meat Sauce Breadstick/Tender Peas Mandarin Oranges OR <i>Grab and Go Bag Lunch</i> Submarine Sandwich Applesauce Cup/Carrot Stick Chip Bag/Milk Choice	20 Big Daddy's Cheese and Pepperoni Pizza Tossed Salad/Fruit Choice OR <i>Grab and Go Bag Lunch</i> Submarine Sandwich Applesauce Cup/Carrot Stick Chip Bag/Milk Choice	21 Hot Dog Oven Fries/Fruit Choice OR <i>Grab and Go Bag Lunch</i> Submarine Sandwich Applesauce Cup/Carrot Sticks Chip Bag/Milk Choice
24 Chicken Dippers Au Gratin Potato/Fruit Choice OR Balanced Choices Meal: <i>Grab and Go Bag Lunch</i> Honeynut Cheerios Yogurt Cup & Ham Cubes Graham Crackers Apple Juice & Milk Choice	25 Nachos w/Meat & Cheese Golden Corn/Fruit Choice OR Balanced Choices Meal: <i>Grab and Go Bag Lunch</i> Honeynut Cheerios Yogurt Cup & Ham Cubes Graham Crackers Apple Juice & Milk Choice	26 French Toast Sticks Sausage/Star Potatoes Fruit Choice OR Balanced Choices Meal: <i>Grab and Go Bag Lunch</i> Honeynut Cheerios Yogurt Cup & Ham Cubes Graham Crackers Apple Juice & Milk Choice	27 Cheese Stuffed Crust Pizza Mixed Vegetable/Fruit Choice OR Balanced Choices Meal: <i>Grab and Go Bag Lunch</i> Honeynut Cheerios Yogurt Cup & Ham Cubes Graham Crackers Apple Juice & Milk Choice	28 Chicken Drumstick Mashed Potatoes w/Gravy Fruit Choice OR Balanced Choices Meal: <i>Grab and Go Bag Lunch</i> Honeynut Cheerios Yogurt Cup & Ham Cubes Graham Crackers Apple Juice & Milk Choice
31 MEMORIAL DAY	June 1 Soft Taco Golden Corn/Fruit Choice OR <i>Grab and Go Bag Lunch</i> Breakfast Bar Cinnamon Iced American Cheese Cubes Fruit Cup/Oreo Cookie/Milk	2 Balanced Choices Meal: Chicken Patty on Bun Tossed Salad/Fresh Orange OR <i>Grab and Go Bag Lunch</i> Breakfast Bar Cinnamon Iced American Cheese Cubes Fruit Cup/Oreo Cookie/Milk	3 Pepperoni and Cheese Pizza Fresh Veggies w/Dip Fruit Choice OR <i>Grab and Go Bag Lunch</i> Breakfast Bar Cinnamon Iced American Cheese Cubes Fruit Cup/Oreo Cookie/Milk	4 Balanced Choices Meal: Corn Dog Nuggets Potato Wedges Fresh Carrots/Fresh Apple OR <i>Grab and Go Bag Lunch</i> Breakfast Bar Cinnamon Iced American Cheese Cubes Fruit Cup/Oreo Cookie/Milk
7 Pizza Choice Carrots and Peas/Fruit Choice OR Grab and Go Bag Lunch Choice	8 Cook's Choice OR Grab and Go Bag Lunch Choice	9 Chicken Nuggets Vegetable Choice Fruit Choice OR Grab and Go Bag Lunch Choice	10 Cook's Choice 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 **OR** *Grab and Go Bag Lunch* \$2.25 Reduced \$.40 Milk only \$.50 Adult Lunch \$3.25

BREAKFAST MENU OFFERED EVERY MORNING

A choice of two different: assorted cereal, string cheese, yogurt, muffin, whole grain bread choice, 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.