



MILLVILLE PUBLIC SCHOOLS
 SENIOR HIGH, MEMORIAL HIGH and LAKESIDE SCHOOL'S LUNCH MENU
 January 2015



A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dishes, and a choice of milk. Milk choices include skim milk, 1% white and skim chocolate. School lunches offer students the opportunity to create a meal from a variety of food groups.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 Fresh Fruit and 100% Fruit Juice Offered Daily Based on Availability	Millville Public Schools now offers <i>Myschoolbucks.com</i> an online payment and cafeteria information source.	 All Breads/Grains Served Are Whole Grain or Whole Grain Rich	
Grilled or Breaded (5) Chicken Patty on a Bun Ranch Or Honey Mustard French Fries Lettuce and Tomato Sweet Peas	Cheese Steak Bar (6) Fried Onions/Peppers/Mushrooms French Fries Pinto Bean Salad	Chicken Fajita's (7) Peppers, Onions, Salsa, Cheddar Cheese/ Sour Cream Whole Grain Fiesta Rice Seasoned Carrots	Burger Bar (8) Sautéed Onions, Mushrooms Lettuce/Tomato Sweet potato Fries Savory Baked Beans	Chicken Nuggets (9) French Fries Mexican Bean Casserole Chilled Pears
Chicken Parmesan (12) With Pasta Or French Fries Green Beans	Nacho Bar (13) Lettuce/Tomato/Cheese/Sour Cream/Salsa Whole Grain Fiesta Rice Corn	Homemade Shepherd's Pie (14) Tossed Romaine Salad Fries Dinner Roll Chilled Fruit	"Chicken Bowl" (15) Popcorn Chicken Over Mashed Potatoes/Gravy/ Cheddar Cheese Corn and Cheddar Cheese Mexican Bean Salad 100% Fruit Juice Cup	Homemade Lasagna (16) French Fries Tossed Romaine Salad Sweet Peas
MLK Birthday (19)	Grilled Cheese and (20) Tomato Soup French Fries Green Beans 100% Fruit Juice	Cheese Steak Bar (21) Fried Onions/Peppers/Mushrooms Lettuce and Tomato French Fries Chilled Pears	Chicken Dipper Day (22) Chicken Tenders, Spicy Tenders Or Popcorn Chicken Dipping Sauce French Fries Seasoned Spinach	Cheese Burger (23) Or Hot Dog Mexican Bean Casserole French Fries Corn
Meatball Sandwich (26) French Fries Broccoli & Cheese	Homemade Chili (27) Grilled Cheese Fries Green Beans 100% Fruit Juice	Chicken Fajita's (28) Peppers, Onions, Salsa, Cheddar Cheese/ Sour Cream Whole Grain Fiesta Rice Seasoned Carrots	Nacho Bar (29) Lettuce/Tomato/Cheese/Sour Cream/Salsa Whole Grain Fiesta Rice Corn	Hot Roasted Turkey (30) Mash Potatoes w/ Gravy Stuffing Peas No Salad Bar

ALTERNATE ENTRÉE: ASSORTED COLD SANDWICHES, SALADS, SUBS, PEANUT BUTTER & JELLY SANDWICHES
 TURKEY PEPPERONI OR TURKEY HAM AND CHEESE ON A WG PRETZEL BUN, PIZZA, CHICKEN PATTIES on a WG BUN, SPICY CHICKEN WRAPS.
 LUNCH PRICE \$3.00, \$.40 Reduced*, Free*(If Qualified) --USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.