



# MILLVILLE PUBLIC SCHOOLS SENIOR HIGH, LUNCH MENU

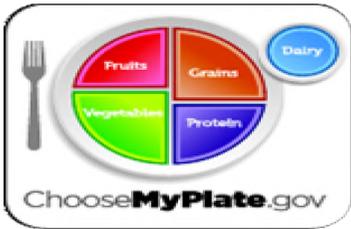
October 2016

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
(3) Chicken Cheese Steak Bar Sautéed Onions Peppers/Mushrooms Seasoned Carrots Lettuce/Tomato Oven Baked Fries	(4) Hamburger or Cheese Burger On a Bun and Sautéed Onions or Chicken Tenders and a Roll Lettuce and Tomato Oven Baked Fries Spinach	(5) Nacho Bar Lettuce/Tomato/Cheese Sour Cream/Salsa Whole Grain Rice Sweet Corn Chilled Fruit	(6) Pizzeria Style Pizza or Chicken Patty on a Bun Seasoned Carrots Oven Baked Fries Garbanzo Beans	(7) Staff Development  School Closed
(10) Columbus Day  School Closed	(11) Toasted Cheese Sandwich or Mozzarella Sticks Tomato Soup Seasoned Green Beans Chilled Fruit	(12) Hard of Soft Taco (2) Lettuce and Tomato Shredded Cheddar Cheese Sour Cream/ Black Beans/Sweet Corn Whole Grain Rice	(13) Cheese Steak Bar Sautéed Onions Peppers/Mushrooms Sweet Peas Lettuce/Tomato Oven Baked Fries	(14) Pizzeria Style Pizza or Chicken Patty on a Bun Tossed Romaine Salad Seasoned Carrots Oven Baked Fries
(17) Sweet and Sour Chicken Fried Rice Broccoli Egg Roll Fortune Cookie	(18) Meatball Sandwich or Chicken Tenders Sweet Corn Over Baked Fries Chilled Fruit	(19) Salad Bar Lunch Baby Spinach and Romaine Lettuce Grilled or Crispy Chicken Choose Your Vegetable Toppings Chilled Fruit	(20) Toasted Cheese Sandwich or Chicken Tenders and a Roll Tomato Soup Seasoned Green Beans Oven Baked Fries	(21) Pizzeria Style Pizza or Chicken Patty on a Bun Seasoned Carrots Oven Baked Fries Garbanzo Beans
(24) "Chicken Bowl" Popcorn Chicken Over Mashed Potatoes/Gravy/ Cheddar Cheese and Sweet Corn 100% Fruit Juice Cup	(25) "Brunch Lunch" French Toast Sticks Scrambled Eggs Sausage Patty 100% Fruit Juice Chilled Fruit	(26) Oven Baked Chicken Dinner Roll Mashed Potatoes W/Gravy Carrots	(27) Burger Bar Or Hot Dog Bar Sautéed Onions Lettuce and Tomato Oven Baked Fries Savory Baked Beans	(28) Pizzeria Style Pizza or Chicken Patty on a Bun Tossed Romaine Salad Three Bean Salad Oven Baked Fries
(31) Cheese Steak Bar Sautéed Onions Peppers/Mushrooms Seasoned Carrots Lettuce/Tomato Oven Baked Fries		<b><i>Myschoolbucks.com</i></b> an online payment and cafeteria information source.		<b>Fresh Fruit Available Daily</b>  

ALTERNATE ENTRÉE: CHICKEN TENDERS, ASSORTED 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, BUFFALO CHICKEN WRAPS.  
 LUNCH PRICE \$3.00, \$.40 Reduced\*, Free\*(If Qualified) ---USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.