

MEDFORD TOWNSHIP BOARD OF EDUCATION

Elementary Student Lunch	\$2.05
Elementary Student Lunch - Upgrade	2.30
Haines /Memorial Middle School Student Lunch	2.15
Middle School Student Lunch - Upgrade	2.40
Adult Lunch	3.30
Upgrade Adult Lunch-	3.55
Milk Choice (includes chocolate, white, skim)	.60



It's a Smart Fact... Milk *Lift off to good nutrition*

Why drink milk? Well, for starters, it's a great source of calcium and it helps you build and maintain strong bones. In order to keep your body healthy, you need to get the amount of calcium recommended by the National Institute of Health - found in at least three to four 8-oz. servings of milk a day.

For more information on the benefits of milk, visit www.whymilk.com





****Bread Basket offered daily**

On-Line Computer Payment Available
Menu subject to change without notice

CAFETERIA MANAGER: CHARLENE ZIMMERMAN #609-654-6416, ext 8326

**** Hot dog days: Elementary School students will be served 1 hot dog;
Middle School students will be served 2 hot dogs**

September 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATE
	WELCOME BACK 8 Hot dog/bun, oven baked beans, tasty sauerkraut, macaroni salad, choice of fruit, milk	9 Turkey hoagie w/lettuce, tomato, bag of chips, potato salad, choice of fruit, milk	"Café Ole" 10 Choice of regular or soft shell taco, w/meat, cheese, lettuce, tomato, salsa, Mexicali corn, seasoned rice, choice of chilled fruit, milk	11 Pizza wedge, veggie stix w/lowfat dip, choice of fruit, milk	Tuna salad platter (alt 2) Peanut butter & jelly (alt 3) Cheeseburger (alt 4) Chicken patty (alt 5)
14 Tyson chicken fingers w/dipping sauce, creamy macaroni & cheese, green beans, dinner roll, choice of fruit, milk	"Breakfast for Lunch" 15 French toast stix w/syrup, hash brown potatoes, savory sausage patty, choice of fruit or juice, milk	16 American hoagie w/lettuce, tomato (onions & hot peppers available), bag of pretzels, choice of fruit, milk	Pastabilities 17 Pasta w/meat sauce, garden salad w/lowfat dressing, bread stix, choice of fruit, milk	18 Stuffed crust pizza, garden salad w/ lowfat dressing, choice of fruit, milk	Egg salad platter (alt 2) Peanut butter & jelly (alt 3) Ham & cheese/wheat bread (alt 4) Turkey & cheese/wheat bread (alt 5)
21 Chicken patty/bun, w/lettuce & tomato, seasoned loops, choice of fruit, milk	22 Chicken fajita on roll w/onions & peppers, seasoned rice, corn, choice of fruit, milk	23 Breaded chicken, creamy mashed potatoes w/gravy, sweet garden peas, dinner roll, choice of fruit, milk	"Café Ole" 24 Choice of regular or soft shell taco, w/meat, cheese, lettuce, tomato, salsa, Mexicali corn, seasoned rice, choice of chilled fruit, milk	25 Personal round pizza, cucumber salad, choice of fruit, milk	Chicken Caesar salad platter (alt 2) Peanut butter & jelly (alt 3) Hot dog/bun (alt 4) Bologna & cheese/wheat (alt 5)
28 SCHOOLS CLOSED - YOM KIPPUR	29 Chicken nuggets w/dipping sauce, rice pilaf, carrot coins, bread stix, choice of fruit, milk	"Breakfast for Lunch" 30 Golden pancakes w/syrup, hash brown potatoes, savory sausage patty, choice of fruit or juice, milk			Tuna salad platter (alt 2) Peanut butter & jelly (alt 3) Chicken patty (alt 4) Turkey & cheese/wheat bread (alt 5)

Welcome Back!