

THE BOARD OF EDUCATION OF MEDFORD TOWNSHIP

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**

October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Alternate
 5	Fruit of the Month: Pears Serving up Smiles	 7	1 Pasta w/meat sauce, garden salad w/lowfat dressing, toasted garlic bread, choice of fruit, milk	2 Stuffed crust pizza, veggie stix w/lowfat dip, choice of fruit, milk	Tuna salad platter (alt 2) Peanut butter & jelly (alt 3) Chicken patty (alt 4) Turkey & cheese/wheat bread (5)
Tyson chicken nuggets w/ dipping sauce, potato rounds, green beans, orange smiles, milk 5	6 Toasted cheese sandwich, tomato soup, veggie stix w/lowfat dip, goldfish crackers. choice of fruit, milk	7 Egg, sausage, & cheese on English muffin, hash brown potatoes, choice of fruit or juice, milk	8 "Café Ole" Nacho grande (tortilla chips) w/meat, cheese, salsa, Mexicali corn, seasoned rice, choice of fruit, milk	9 French bread pizza, cucumber salad, choice of fruit, milk	Egg salad platter (alt 2) Peanut butter & jelly (alt 3) Cheeseburger (alt 4) Bologna & cheese/wheat (alt 5)
Columbus Day "Breakfast for Lunch" French toast stix w/syrup, hash brown potatoes, savory sausage patty, choice of fruit or juice, milk 12	13 Hot turkey sandwich w/gravy, mashed potatoes, mixed veggies, choice of fruit, milk	14 Peppy cheese sandwich, (pepperoni, sauce, mozzarella cheese on Kaiser roll), potato wedge, choice of fruit, milk	15 Pasta Day Pasta w/meat sauce, garden salad w/lowfat dressing, toasted garlic bread, choice of fruit, milk	16 Pizza wedge, tossed salad w/lowfat dressing, choice of fruit, milk	Chicken Caesar salad platter (alt 2) Peanut butter & jelly (alt 3) Chicken patty/bun (alt 4) Ham & cheese/wheat (alt 5)
19 Tyson chicken nuggets w/dipping sauce, creamy mac & cheese, broccoli, dinner roll, choice of fruit, milk	20 Chicken patty, potato wedges, choice of fruit, milk	21 Cheeseburger/bun, potato rounds, choice of fruit, milk	22 "Café Ole" Choice of regular or soft shell taco, w/meat, cheese, lettuce, tomato, salsa, Mexicali corn, seasoned rice, choice of chilled fruit, milk	23 Stuffed crust pizza, garden salad w/lowfat dressing, choice of fruit, milk	Tuna salad platter (alt 2) Peanut butter & jelly (alt 3) Hot dog (alt 4) Turkey & cheese/wheat (alt 5)
26 Tyson chicken nuggets w/dipping sauce, rice pilaf, corn, dinner roll, choice of fruit, milk	27 Hot dog/bun, oven baked beans, tasty sauerkraut, choice of fruit, milk	28 Pancakes w/syrup, savory sausage patty, potatoe rounds, choice of fruit or juice, milk	29 Mozzarella stix w/sauce, side of pasta, tossed salad w/lowfat dressing, toasted garlic bread, choice of fruit, milk	30 Happy Halloween Goblin pie (pizza), bat salad w/lowfat dressing, cobweb fruit, spooky milk, devils treat chocolate chip cookie	Tuna salad (alt 2) Peanut butter & jelly (alt 3) Chicken patty/bun (alt 4) Ham & cheese/wheat (alt 5)