

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



GET UP, GET MOVING, KEEP ON MOVING



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

On-Line Computer Payment Available
 Menu subject to change without notice
 CAFETERIA MANAGER: CHARLENE ZIMMERMAN #609-654-6416, ext 8326

February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Alternative Lunch
1 Chicken nuggets w/dipping sauce, creamy macaroni & cheese, sweet garden peas, dinner roll, choice of fruit, milk	2 Toasted cheese sandwich, creamy tomato soup, veggie stix w/ lowfat dip, choice of fruit, milk	3 Chicken bbq sandwich on Kaiser roll, potato wedges, choice of fruit, milk	4 Pasta w/meat sauce, tossed salad w/lowfat dressing, toasted garlic bread, choice of fruit, milk	5 Stuffed crust pizza, veggie stix w/lowfat dip, choice of fruit, milk	Egg salad platter (alt 2) PB & J sandwich (alt 3) Chicken patty (alt 4) Bologna & cheese/wheat (alt 5)
8 Breakfast for Lunch French toast stix w/syrup, savory sausage patty, hash brown potato, choice of juice or fruit, milk	9 Chicken fajita, w/onions & peppers on torpedo roll, potato rounds, choice of fruit, milk	10 PARENT/TEACHER CONFERENCES - NO LUNCHES 	11 Baked chicken, creamy mashed potatoes w/gravy, sweet carrot coins, dinner roll, choice of fruit, milk	12 Happy Valentines Day Sweetheart pizza, garden salad w/ w/lowfat dressing, chocolate chip cookie, choice of fruit, milk	Chicken Caesar salad (alt 2) PB & J sandwich (alt 3) Hot dog (alt 4) Cheeseburger (alt 5)
15 PRESIDENTS' BIRTHDAY - SCHOOLS CLOSED 	16 Have it your way burger with toppings, seasoned loops, peas, choice of fruit, milk	17 Fish stix, creamy macaroni & cheese, stewed tomatoes, green beans, dinner roll, choice of fruit, milk	"Café Ole" 18 Nacho grande w/meat, cheese, tomato, lettuce, salsa, Mexicali corn, seasoned rice, choice of fruit, milk	19 Personal round pizza, garden salad w/ lowfat dressing, choice of fruit, milk	Tuna salad platter (alt 2) PB & J sandwich (alt 3) Hot ham & cheese (alt 4) Tuna salad sandwich (alt 5)
22 Chicken patty on roll, mixed veggies, choice of fruit, milk	23 Egg, cheese, and sausage on English muffin, hash brown potato, choice of juice or fruit, milk	24 All American hoagie w/ lettuce, tomato, chicken noodle soup, choice of fruit, milk	25 Pasta w/meat sauce, garden salad w/lowfat dressing, toasted garlic bread, choice of fruit, milk	26 Stuffed crust pizza, veggie stix w/lowfat dip, choice of fruit, milk	Egg salad platter (alt 2) PB & J sandwich (alt 3) Hot dog/bun (alt 4) Turkey & cheese/wheat bread (alt5)