

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

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

*Bread Basket offered daily

**Produce of the Month - Oranges



GET UP, GET MOVING, KEEP ON MOVING

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

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

January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4	5	6	7	8	Tuna salad Platter (alt 2) PB & J sandwich (alt 3) Cheeseburger (alt 4) Turkey & cheese/wheat (alt 5)
11	12	13	14	15	Egg salad platter (alt 2) PB & J sandwich (alt 3) Hog dog/bun (alt 4) Ham & cheese/wheat (alt 5)
18	19	20	21	22	Turkey salad platter (alt 2) PB & J sandwich (alt 3) Chicken patty (alt 4) Turkey hoagie (alt 5)
25	26	27	28	29	Tuna salad platter (alt 2) PB & J sandwich (alt 3) Hot ham & cheese (alt 4) Bologna & cheese/wheat (alt 5)



Happy New Year!!

