

# 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](http://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**

## November 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATE
2 Chicken nuggets w/dipping sauce, macaroni & cheese, corn, dinner roll, choice of fruit, milk	3 <b>Election Day - No Lunches</b>	4 Pizza wedge, garden salad w/ lowfat dressing, choice of fruit, milk 	5 <b>N.J.E.A. Convention - Schools Closed</b>	6 <b>N.J.E.A. Convention - Schools Closed</b>	7 Tuna salad platter (alt 2) PB & J sandwich (alt 3) Chicken patty (alt 4) Bologna & cheese/wheat bread (alt 5) 
9 Have it Your way burger w/fixings, potato rounds, choice of fruit, milk	10 "Breakfast For Lunch" French toast stix w/syrup, oven baked hash brown potato, savory sausage patty, choice of juice or fruit, milk	11 American hoagie w/lettuce, tomato, bag of pretzels, choice of fruit, milk	12 "Café Ole" Choice of regular or soft shell taco, w/meat, cheese, lettuce, tomato, salsa, Mexicali corn, seasoned rice, choice of chilled fruit, milk	13 Personal round pizza, garden salad w/lowfat dressing, choice of fruit, milk	14 Chicken Caesar salad platter (alt 2) PB & J sandwich (alt 3) Hot dog (alt 4) Turkey hoagie (alt 5)
16 Chicken patty/bun, seasoned green beans, macaroni & cheese, choice of fruit, milk	17 Toasted cheese sandwich, chicken noodle soup, veggie stix, choice of fruit, milk	18 Holiday Feast Savory turkey w/gravy, creamy mashed potato, corn, coleslaw, cranberry sauce, dinner roll, choice of fruit, milk	19 Mozzarella stix w/marinara sauce, tossed salad w/lowfat dressing, side of pasta, bread stix, choice of fruit, milk	20 French bread pizza, tossed salad w/lowfat dressing, choice of fruit, milk	21 Egg salad platter (alt 2) PB & J sandwich (alt 3) Hot ham & cheese (alt 4) Turkey & cheese/wheat bread (alt 5)
23 Parent Teacher conferences - Early dismissal - <b>NO Lunches</b>	24 Parent Teacher conferences - Early dismissal - <b>NO Lunches</b>	25 Parent Teacher conferences -- <b>SCHOOLS CLOSED</b>	26 Thanksgiving Recess - <b>Schools Closed</b>	27 Thanksgiving Recess - <b>Schools Closed</b> 	28  

# Happy Thanksgiving!