

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



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

March 2010

MONDAY ALTERNATE	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Breakfast for Lunch 1 French toast stix w/syrup, savory sausage patty, hash brown potato, choice of fruit or juice, milk	2 Baked chicken, creamy mashed potatoes w/gravy, green beans, dinner roll, choice of fruit, milk	Café Ole 3 Choice of regular or soft shell taco w/meat, cheese, tomato, lettuce, salsa, Mexicali corn, seasoned rice, choice of fruit, milk	4 Pizza wedge, garden salad w/ lowfat dressing, choice of fruit, milk	5 IN SERVICE - SCHOOLS CLOSED FOR STUDENTS	Chef salad platter (alt 2) PB & J sandwich (alt 3) Chicken patty/bun (alt 4) Ham & cheese/wheat (alt 5)
8 Chicken fryz, creamy mac & cheese, dinner roll, broccoli, choice of fruit, milk	Breakfast for Lunch 9 Egg patty, cheese, and sausage on English muffin, potato rounds, choice of fruit or juice, milk	10 Pancake w/syrup, sausage patty, hash brown potato, choice of fruit or juice, milk	11 Pastabilities Pasta w/meat sauce, garden salad w/lowfat dressing, toasted garlic bread, choice of fruit, milk	12 Stuffed crust pizza, garden salad w/lowfat dressing, choice of fruit, milk	Tuna salad platter (alt 2) PB & J sandwich (alt 3) Hot dog (alt 4) Turkey & cheese/wheat (alt 5)
15 Chicken patty, green beans, choice of fruit, milk	16 Hot ham & cheese sandwich, seasoned loops, choice of fruit, milk	17 All American hoagie w/ lettuce, tomato, bag of chips, chicken noodle soup, cookie, choice of fruit, milk 	Café Ole 18 Choice of regular or soft shell taco w/meat, cheese, tomato, lettuce, salsa, Mexicali corn, seasoned rice, choice of fruit, milk	19 French bread pizza, veggie stix w/ lowfat dip, choice of fruit, milk	Egg Salad Platter (alt 2) PB & J sandwich (alt 3) Cheeseburger (alt 4) Egg salad sandwich (alt 5)
22 Chicken nuggets w/dipping sauce, creamy mac & cheese, steamed broccoli, dinner roll, choice of fruit, milk	Breakfast for Lunch 23 French toast stix w/syrup, savory sausage patty, hash brown potato, choice of fruit or juice, milk	24 Baked chicken, creamy mashed potatoes w/gravy, sweet garden peas, dinner roll, choice of fruit, milk	25 Pasta w/meat sauce, tossed salad w/lowfat dressing, toasted garlic bread, choice of fruit, milk	26 Cheese pizza, garden salad w/ lowfat dressing, choice of fruit, milk	Turkey salad Platter (alt 2) PB & J sandwich (alt 3) Chicken patty (alt 4) Bologna & cheese (alt 5)
29 Meatball sandwich, green beans, mixed green salad w/lowfat dressing, choice of fruit, milk	30 Toasted cheese sandwich, chicken noodle soup, veggie stix w/lowfat dip, choice of fruit, milk	31 Chicken fajita on torpedo roll, potato wedges, choice of fruit, milk			Chicken Caesar salad (alt 2) PB & J sandwich (alt 3) Hot dog/bun (alt 4) Turkey & cheese/wheat (alt 5)