

Williamsburg Middle/High School Lunch Menu

2019-2020



	MONDAY <i>Vegetable of the Day: Peas</i>	TUESDAY <i>Vegetable of the Day: Broccoli</i>	WEDNESDAY <i>Vegetable of the Day: Corn</i>	THURSDAY <i>Vegetable of the Day: Cook's Choice of Other</i>	FRIDAY <i>Vegetable of the Day: Green Beans</i>
Week 1 8/16-17, 9/10-14, 10/8-12, 11/5-9, 12/3-7	Meatless Monday Toasted Cheese Sandwich	"Brunch for Lunch" Warm Fruit Cook's Choice of Brunch: See options below	"Burrito Bar" Chicken/Beef Burrito Bar w/Brown Rice, Black Beans Refried Bean	Chicken Nuggets Dinner Roll Baked Beans	Taste of Cincinnati Cheese Coney, Phony Coney w/Cincinnati Chili
Week 2 8/20-24, 9/17-21, 10/15- 19, 11/12-16, 12/10-14	Meatless Monday Cheese Calzone w/Marinara Sauce	Quesadilla Black Beans	"Italian Bar" Pasta & Meat Sauce w/Garlic Bread	Chicken Tenders Dinner Roll	BBQ Riblet on Bun Baked Beans
Week 3 8/27-31, 9/24-28, 10/22- 26, 11/19-23, 12/17-19 Winter Break	Meatless Monday Macaroni & Cheese: Dinner Roll	Asian Chicken w/Brown Rice Fortune Cookie	"Taco Bar" Beef Taco in a Bag w/Brown Rice & Cheese, Salsa, & Black Beans	Popcorn-Chicken /Dinner Roll	Specialty Burger On Bun Baked Beans
Week 4 9/3-7, 10/1-5, 10/29- 11/2, 11/26-30	Meatless Monday Cheesy Bread w/Marinara Sauce Bread Stick	Corn Dog w/Dipping Sauce & Chickpeas & Tomatoes	Taste of Cincinnati Cincinnati Chili w/ Spaghetti- 3 way	Chicken Wings Dinner Roll Baked Beans	Country Steak Mashed Potatoes Dinner Roll or Biscuit

Fruit & Vegetable Bar Offered Daily

Aug 15-Dec 20 - Note: "No School" days are not marked.

This menu is subject to change, without notice, due to price or availability of products

School Lunch Prices:
Regular Meals: \$3.00 Extra Entrée: \$2.50
 Includes fruit, vegetable, & milk w/Menu Entrée:
 Hamburger/ Cheeseburger, PB&J Uncrustable,
Reduced Meal: \$0.40
Milk \$0.50 Selections include
 Fat- free or 1% white, & fat- free chocolate
Super Meals: \$3.50 Extra Entrée: \$3.00
Daily: Crispy/Spicy Chicken Sandwich, Bosco
 Sticks, Burgers **Tues & Thurs:** Specialty Pizza

Nachos & Cheese
Adult Meals and Extra Entrees: Additional \$.75
 more than student meals
 Most grains are whole grain.
 For a complete meal, students must select ½ cup fruit/
 vegetable.
The Fruit & Vegetable Bar includes fresh
or canned fruit, romaine salad, and hot or
fresh vegetables, in addition to the vegeta-
ble of day. Weekly vegetable sub-groups

include dark green, red/orange, bean,
starchy, & "other".
 Italian /bar: Spaghetti, Lasagna /Rollups, or
 Ravioli
Bars are served from the heated station.
 Specialty Burgers: Parmesan, Bacon, etc.

Please make separate lunch checks payable to
 Milford Nutrition Services. To check meal ac-
 count balances, view a detailed list of payments
 received and items purchased, or to make a pay-
 ment to your child's meal account - log into
<https://www.payschoolscentral.com> or call (877)
 393-6628

This institution is an equal opportunity provider.
"Brunch for Lunch" Options:
 Pancakes, French Toast, or Waffle w/
 Sausage or Chicken

Williamsburg Middle/High School Breakfast Menu

*Eat a school
breakfast
& start the day ready
to learn!*

Breakfast Meal: \$1.75 Reduced Price Meal \$0.30
Choice of 1 double entrée or a combination of 1 single entrée with cheese stick
Breakfast includes 2 side items and fat-free or 1% unflavored milk.
Cold Coffee Lattes in a variety of flavors are sold at Breakfast
for High School Students \$2.25 Adults \$2.75

Single Breakfast Entrees

Offered with cheese stick(1)
Cinnamon Iced(31) or apple granola(30)
Oatmeal Strawberry(24), Oatmeal Chocolate Chip(24), Chocolate Coco Krispie(27), Assorted Cereal: Cheerios (20), Rice Chex (24), Cereal Bars

Double Breakfast Entrees:

May Select one of the following:

- Blueberry Waffles (37)
- Chocolate Chip French toast(35)
- Mini Cinnis(39)

Double Breakfast Entrees:

May Select one of the following:

Egg Biscuit (24) or Sausage Biscuit (23)
Sausage&Cheese (26) or Bacon, Egg&Cheese Piz-za (23), Egg Burrito (14) Egg, Cheese and Sausage Burrito (20) Bagel (29) w/PB (8)

Bagel filled with Strawberry Cream Cheese (41)
Pancake & Sausage on a Stick (18)
PB&J Graham (32)

A la Carte Entrees: \$1.00

Side Items

Student must select
1/2 cup fruit or juice:

- 1/2 cup fruit juice
- 1/2 cup fruit
- 1/4 cup dried fruit (raisins) credits as a 1/2 cup

**Extra Side Items::
\$0.50**

Milford Exempted Village Schools Nutrition Disclaimer: Nutrition information provided is for informational purposes only. The accuracy of the nutrition information contained on this site is based on data obtained from food manufacturers, food distributors, and product packaging. Nutrition information is to be used as an approximate guideline and is subject to change without notice due to preparation modifications and food substitutions

**For comments or concerns about the lunch program,
contact Gerry Levy: 513-576-2292.**

This institution is an equal opportunity provider.
Thank you for participating in the school lunch program!