

2017-2018
August & September



Williamsburg Middle/High School Lunch Menu

	MONDAY <i>Vegetable of the Day:</i> Corn	TUESDAY <i>Vegetable of the Day:</i> Peas	WEDNESDAY <i>Vegetable of the Day:</i> Broccoli	THURSDAY <i>Vegetable of the Day:</i> Cook's Choice of Other	FRIDAY <i>Vegetable of the Day:</i> Green Beans
	Fruit & Vegetable Bar Offered Daily				
WEEK 1	9/11 Chicken Enchilada Bar w/Brown Rice, Black Beans, & Toppings Bar	9/12 "Brunch for Lunch" Egg, Cheese, & Sausage Biscuit	9/13 Cheezy Bread w/Marinara Sauce Bread Stick	8/17- First Day of School! 9/14 Chicken Nuggets Dinner Roll Baked Beans	8/18, 9/15 Cheezy Meatloaf Dinner Roll Mashed Potatoes
WEEK 2	8/21, 9/18 Beef Taco in a Bag w/Brown Rice & Cheese, Salsa, & Black Beans	8/22, 9/19 Tangerine Chicken w/Brown Rice	8/23, 9/20 "Italian Bar" Pasta & Meat Sauce w/Bread Stick	8/24, 9/21 Cheese Coney, Phony Coney w/Cincinnati Chili	8/25, 9/22 Toasted Cheese w/Tomato Soup
WEEK 3	8/28, 9/25 Chicken/Beef Burrito Bar w/Brown Rice, Black Beans, & Toppings Bar	8/29, 9/26 Chicken Tenders & Waffle Strips Warm Blueberries Baked Beans	8/30, 9/27 Cheese or Pepperoni Calzone w/Marinara Sauce	8/31, 9/28 Popcorn Chicken /Dinner Roll Baked Beans	9/1, 9/29 Macaroni & Cheese w/ Dinner Roll
WEEK 4	9/4- Labor Day No school	9/5 Mini Corn Dogs w/Dipping Sauce & Black Beans	9/6 "Italian Bar" Pasta & Meat Sauce w/Garlic Bread	9/7 Chicken Wings Dinner Roll Baked Beans	9/8 Country Steak w/ Biscuit Whipped Potatoes

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

**Menus with an asterisk* are from the sug-
gestion box and have been submitted by
students. *Pepper Shakers are available on**

the serving line.

Bars are served from the heated station.

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.spsezpay.com/Milford/ezpay/
Login.aspx](https://www.spsezpay.com/Milford/ezpay/Login.aspx)

USDA is an equal opportunity provider.

Williamsburg Middle/High School Breakfast Menu

Breakfast Meal: \$1.50 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.**

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

Single Breakfast Entrees

Offered with cheese stick

- Assorted Cereal
- Assorted Bars
- Cocoa Rice Krispie Bars

Double Breakfast Entrees:

May Select one of the following:

- Blueberry Waffles
- Chocolate Chip French toast
- Mini Cinnis

Double Breakfast Entrees:

May Select one of the following:

- Assorted Breakfast Sandwiches
 - Assorted Breakfast Pizza
 - Bagel with PB
- Bagel filled with Strawberry Cream Cheese
- Pancake & Sausage on a Stick
 - PB&J Graham

A la Carte Entrees: \$1.00

Side Items

Student must select
1/2 cup fruit/juice:

1/2 cup fruit juice
1/2 cup fruit
1/4 cup dried fruit

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

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<https://www.spsezpay.com/Milford/ezpay/Login.aspx>
or check with the kitchen manager. For more details regarding Nutrition Services, visit www.milfordschools.org.

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

USDA is an equal opportunity employer and provider.
Thank you for participating in the school lunch program!