

October 2018 Menu MHS, MMS

All meals are served with 1% or fat free flavored milk

Daily meals are subject to change due to product availability. Lunch meal \$3.05 MHS,

Monday	Tuesday	Wednesday	Thursday	Friday
1 Deli Sub Day WW Roll Assorted Deli Meat Options 2oz Cheese 1oz Vegetable 1 cup Toppings 1 cup Fruit 1 Cup	2 Hot Dog Hot Dog WW Roll Cucumber 1Cup Ranch Dressing 2oz Fruit 1Cup	3 Loaded Nachos Corn Chips Seasoned Beef Cheese Tomato Salsa Sour Cream Celery Cajun style black beans Fruit 1 Cup	4 Sal's Pizza Vegetable 1 Cup Fruit 1 Cup	5 CLOSED Teacher Workshop 
8 CLOSED COLUMBUS DAY 	9 Grilled Cheese & Tomato Soup Cheese 1oz WG Bread 2oz Carrots Stix 1 Cup Chips Fruit 1 Cup	10 Sweet & Sour Pork Pork Rice Mixed Veggies 1 Cup Fruit 1 cup	11 Fish Filet Sandwich Fish Filet WW Roll Cheese Sweet Potato 1 Cup Fruit 1 cup	12 Milford House Pizza Vegetable 1 Cup Fruit 1 Cup
15 Breakfast for Lunch Eggs Sausage Hash Browns Juice Toast	16 Hard Shell Tacos Corn Tortillas Taco Meat Lettuce Salsa Peppers, Onions Sour Cream 1oz Fruit 1 Cup	17 Turkey With Gravy Mashed Potato ½ Cup Carrots ½ Cup WW Roll 2oz Fruit 1Cup	18 Sloppy Joe Seasoned Beef WW Roll Vegetable 1 Cup Fruit 1 Cup	19 Sal's Pizza Vegetable 1 Cup Fruit 1 Cup
22 Mac & Cheese WG Pasta Cheese Broccoli 1 Cup Fruit 1 Cup	23 Chicken Quesadilla Chicken WG Tortilla Cheese Refried beans Cauliflower 1 Cup Fruit 1 Cup	24 American Chopped Suey Marinara Sauce ½ C Beef Peppers/onions WW Pasta Salad Dressing Fruit 1 Cup	25 Hot Turkey Sundae Turkey Stuffing Potato Vegetable 1 Cup Fruit 1Cup	26 Milford House Pizza Vegetable 1 cup Fruit 1 cup
29 Turkey BLT Sub WW Roll Turkey Cheese Tomato Bacon Vegetable 1 cup Fruit 1 Cup	30 Spaghetti & Meatballs Marinara Sauce WW pasta Beef Meatballs Vegetable 1 Cup Fruit 1 Cup	31 PULLED PORK SANDWICH Pork 3oz WG Roll 2oz Onion rings 3oz Vegetable 1 Cup Fruit 1 cup	1 Open Faced Tuna Melt Tuna Cheese WW Bread Baked fries 1 Cup Fruit 1 Cup	2 Sal's Pizza Vegetable 1C Fruit 1 Cup

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