

MEDFORD TOWNSHIP BOARD OF EDUCATION

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

June 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATE
	1 Chicken nuggets w/dipping sauce, creamy macaroni & cheese, green beans, dinner roll, choice of fruit, milk	2 Have it your way burger w/toppings (lettuce, tomato, pickles), green bean salad, choice of fruit, milk	3 Pasta w/meat sauce, garden salad w/lowfat dressing, toasted garlic bread, choice of fruit, milk	4 Pizza wedge, garden salad w/lowfat dressing, choice of fruit, milk	Egg salad platter (alt 2) Peanut butter & jelly (alt 3) Chicken patty (alt 4) Egg salad sandwich (alt 5)
7 Chicken fryz w/dipping sauce, steamed broccoli w/cheese sauce, dinner roll, choice of fruit, milk	8 Hot dog/bun, oven baked beans, sauerkraut, choice of fruit, milk	9 American hoagie w/lettuce, tomato, bag of chips, choice of fruit, milk	10 Café Ole Choice of regular or soft shell taco, w/meat, cheese, lettuce, tomato, salsa, corn, rice, choice of fruit, milk	11 Pizza, veggie stix w/lowfat dip, choice of fruit, milk	Tuna salad platter (alt 2) Peanut butter & jelly (alt 3) Cheeseburger (alt 4) Turkey & cheese on wheat (alt 5)
14 Meatball sandwich, garden salad w/lowfat dressing, choice of fruit, milk	15 Breakfast For Lunch French toast stix w/syrup, hash brown potatoes, savory sausage patty, choice of fruit or juice, milk	16 Manager's Choice - Menu will Follow	17 Mozzarella stix w/ marinara sauce, garden salad w/lowfat dressing, side of pasta, toasted garlic bread, choice of fruit, milk	18 Pizza, tossed salad w/lowfat dressing, choice of fruit, milk	Chicken Caesar salad platter (alt 2) Peanut butter & jelly (alt 3) Chicken patty (alt 4) Ham & cheese on wheat (alt 5)
21 Manager's Choice - Menu will Follow	22 Manager's Choice - Menu will Follow	23 LAST DAY OF SCHOOL - EARLY DISMISSAL - NO LUNCHES	24 	25 	Tuna salad platter (alt 2) Peanut butter & jelly (alt 3) Turkey & cheese (alt 4)

Have a Safe & Happy Summer