

# 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* **\*\*Bread Basket offered daily**

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](http://www.whymilk.com)



On-Line Computer Payment Available  
 Menu subject to change without notice  
 CAFETERIA MANAGER: CHARLENE ZIMMERMAN #609-654-6416, ext 8326

**\*\* Hot dog days: Elementary School students will be served 1 hot dog;  
 Middle School students will be served 2 hot dogs**

# December 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Robert Zurgolo's tasty ham slice, creamy mac & cheese, green beans, dinner roll, choice of fruit, milk	2 Hot dog/bun, oven baked beans, tasty sauerkraut, choice of fruit, milk	"Café Ole" 3 Serena Estaci's nacho grande w/meat, cheese, salsa, Mexicali corn, choice of fruit, milk	4 Personal round pizza, garden salad w/lowfat dressing, choice of fruit, milk	Tuna salad platter (alt 2) PB & J sandwich (alt 3) Chicken patty (alt 4) Turkey & cheese/wheat (alt 5)
7 Chicken nuggets w/ dipping sauce, green beans, seasoned rice, dinner roll, choice of fruit, milk	8 Emonii's chili w/nachos, corn, choice of fruit, milk	9 "Breakfast for Lunch" French toast stix w/syrup, savory sausage patty, hash brown potatoes, choice of fruit or juice, milk	10 Pasta w/meat sauce, garden salad w/lowfat dressing, toasted garlic bread, choice of fruit, milk	11 Stuffed crust pizza, tossed salad w/lowfat dressing, choice of fruit, milk	Turkey salad platter (alt 2) PB & J sandwich (alt 3) Cheeseburger (alt 4) American hoagie (alt 5)
14 Egg, cheese, sausage on English muffin, potato rounds, choice of fruit, milk	15 Toasted cheese sandwich, tomato soup, veggie stix w/ lowfat dip, choice of fruit, milk	Holiday Feast 16 Savory turkey w/gravy, creamy mashed potatoes, carrot coins, dinner roll, coleslaw, choice of fruit, milk	"Café Ole" 17 Choice of regular or soft shell taco, w/meat, cheese, lettuce, tomato, salsa, Mexicali corn, seasoned rice, choice of chilled fruit, milk	18 French bread pizza, garden salad w/lowfat dressing, choice of fruit, milk	Egg salad platter (alt 2) PB & J sandwich (alt 3) Ham & cheese/wheat (alt 4) Hot dog (alt 5)
21 Cheeseburger/bun, potato wedges, choice of fruit, milk	22 Personal round pizza, veggie stix w/lowfat dip, choice of fruit, milk	23 <b>Early dismissal - No Lunches</b>	24 <b>WINTER RECESS - Schools Closed</b>	25 <b>WINTER RECESS - Schools Closed</b>	Tuna salad platter (alt 2) PB & J sandwich (alt 3) Chicken patty (alt 4) Turkey/cheese/wheat (alt 5)
29 	30	31	<h1 style="color: blue; text-decoration: underline;">Happy Holidays!</h1>		