

**St. Andrew School
Grades 6, 7, 8**

Lunch Prices

Regular Lunch \$2.75
Super Lunch \$3.00
Adult Lunch \$.75
more than student lunches
Milk \$.50

Alternate Entrees

- Chef Salad w/*WG Croutons
- Deli Meat-Cheese on *WG Bread
- PBJ Uncrustable
- Nachos & Cheese
- Pretzel Meal
- Fish & Cheese
- Chili Cheese Burrito
- Bosco Sticks

2010

Nutrition Guidelines

-Students are encouraged to eat healthy.
- All cooked food is baked or steamed.
-Fresh fruits & vegetables-daily
-Whole grain foods
-Reduced-fat Cheese
-Light Dressing
-Beans
-Menus meet 1/3 of the RDA for protein, calcium, iron, Vitamin A and C; contain age appropriate levels of calories and fiber; do not exceed age appropriate levels of sodium or cholesterol; fat content is ≤ 30%; saturated fat < 10%. We believe good nutrition begins with a complete, balanced meal. Students must have a lunch before they are permitted to purchase a la carte snacks.

**February
Lunch Menu
2012**

-To meet sodium requirements condiments must be limited to two packets per meal.

*Kitchen Staff
Manager: Marsha Belk
831-9171
Cashier: Cindy Madix*

(The menu is subject to change without notice due to price and availability of food)
-A choice of skim, 1% white, or 1% chocolate milk is served with each meal.
-Whole grain options are denoted in bold with an *. Klosterman "Harvest" whole grain bread is served in our program.

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	2/1	2/2	2/3
Little Caesar's Pizza or Macaroni & Cheese Pasta, Salad, Vegetables, Fruit	Pizza Dippers w/ Marinara Dip *WG Pretzel Rod & Pasta, Salad, Vegetables, Fruit	Assorted Chicken w/BBQ Dipping Sauce, *WG Pretzel Rod or Roll & Pasta, Salad, Vegetables, Fruit	Spaghetti w/Meat Sauce & Garlic Toast & Pasta, Salad, Vegetables, Fruit	Papa John Pizza & Assorted Entrees & Pasta, Salad, Vegetables, Fruit
6	7	8	9	10
Little Caesar's Pizza or Cheeseburger on a *WG Bun w/Lettuce, Pickle, Skin-on Potato Wedges & Pasta, Salad, Vegetables, Fruit	Taco Tuesday Taco Meat in a bag of *Fritos w/Cheese, Lettuce & Salsa & *Brown Rice, Salad, Vegetables, Fruit	Assorted Chicken w/BBQ Dipping Sauce, *WG Pretzel Rod or Roll & Pasta, Salad, Vegetables, Fruit	BBQ Riblet on a *WG Bun & Baked Beans, Pasta, Salad, Vegetables, Fruit	Papa John Pizza & Assorted Entrees & Pasta, Salad, Vegetables, Fruit
13	14	15	16	17
Little Caesar's Pizza or Chicken Pot Pie & Pasta, Salad, Vegetables, Fruit	Chicken Fajita w/ Cheese, Lettuce and Salsa & *Brown Rice, Salad, Vegetables, Fruit	Assorted Chicken w/BBQ Dipping Sauce, *WG Pretzel Rod or Roll & Pasta, Salad, Vegetables, Fruit	Meatball w/ Cheese & Sauce on a *WG Bun & Baked Potato Salad, Vegetable, Fruit	Papa John Pizza & Assorted Entrees & Pasta, Salad, Vegetables, Fruit
20	21	22	23	24
No School President's Day	Taco Tuesday Taco Meat in a bag of *Fritos w/Cheese, Lettuce & Salsa & *Brown Rice, Salad, Vegetables, Fruit	Ash Wednesday Fish Sandwich & Pasta, Salad, Vegetables, Fruit	Assorted Chicken w/BBQ Dipping Sauce, *WG Pretzel Rod or Roll & Pasta, Salad, Vegetables, Fruit	Papa John Pizza & Assorted Entrees & Pasta, Salad, Vegetables, Fruit
27	28	29	3/1	3/2
Little Caesar's Pizza or Macaroni & Cheese Pasta, Salad, Vegetables, Fruit	Pizza Dippers w/ Marinara Dip *WG Pretzel Rod & Pasta, Salad, Vegetables, Fruit	Assorted Chicken w/BBQ Dipping Sauce, *WG Pretzel Rod or Roll & Pasta, Salad, Vegetables, Fruit	Spaghetti w/Meat Sauce & Garlic Toast & Pasta, Salad, Vegetables, Fruit	Papa John Pizza & Assorted Entrees & Pasta, Salad, Vegetables, Fruit

Please make separate lunch checks payable to Milford Nutrition Services. For information regarding your child's lunch account, please check online for free at EZ Pay www.spsezpaymilfordexempted.com

How the Self-Serve Works: The entrée is served. Side items are self-serve. Students may select all side items and milk as part of the school lunch.

Super Lunches: Papa John - F; Nachos & Cheese - Daily; Bosco Cheese Sticks; Spicy or Home-Style Chicken Patty; Double Cheeseburger; Cheese Coney; Occasional: Calzone; Steak Hoagie; Foot Long Hot Dog. Non-meat options are available daily.

For more information on the lunch program, visit www.milfordschools.org. Click on the Nutrition Services tab.