





## December 2009 Midland Public Schools Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Hamburger on Bun Oven Fries Diced Pears <b>Bag of Mookie Got Milk Cookies</b>	2 Nacho Pieces with Taco Meat & Cheese Sauce Fresh Baby Carrots With Ranch Dip Pineapple Tidbits	3 <b>Broccoli-Super Food For Your Heart</b> Breaded Chicken Nuggets <b>Broccoli</b> With Cheese Sauce Fruit Mix	4 <b>BChoice Menu</b> Home Made Beefaroni with Wheat Roll Sweet Corn Diced Peaches
<b>Weekly Alternates:</b>	Sack Lunch:	<b>Deli Turkey Sub</b>	<b>Sandwich</b>	<b>OR PBJ Sack Lunch</b>
7 Pancakes With Sausage Links Fruit Juice Applesauce	8 Hot Dog on Bun Tater Tots Fruit Mix 	9 SNOW DAY	10 Popcorn Chicken Bites with Breadstick <b>Fresh Cucumber Slices with Dip</b> Diced Peaches	11 <b>NEW!!!</b> <b>Home Made Cheese Pizza</b> Garden Lettuce Salad Diced Pears
<b>Weekly Alternates:</b>	Sack Lunch: Yogurt & Fruit	Parfait Cup with Granola &	String Cheese	<b>OR PBJ Sack Lunch</b>
14 Chicken Patty On a Bun Sweet Corn Pineapple Tidbits	15 <b>BChoice Menu</b> WG Stuffed Crust Pep Pizza Vegetable Pasta Salad Diced Pears	16 Home-Made Macaroni & Cheese Fresh Celery Sticks With Dip Applesauce	17 Soft Beef Taco with Shred. Lettuce & Cheese Fresh Baby Carrots w/Dip <b>Fresh Orange Slices</b> <b>Funsize Bag of Doritos</b>	18 French Toast Sticks With Syrup Scrambled Eggs Fruit Juice Fruit Mix
<b>Weekly Alternates:</b>	Sack Lunch:	<b>Chef Salad with Diced Ham</b>	<b>&amp; Cheese &amp; Saltines</b>	<b>OR PBJ Sack Lunch</b>
21 Corn Dog On a Stick Sliced Carrots Diced Peaches	22 <b>NEW!!!</b> <b>Egg Patty &amp; Cheese On English Muffin</b> Potato Stick Applesauce	23 NO SCHOOL 	24 NO SCHOOL	25 NO SCHOOL 
<b>Weekly Alternates:</b>	Sack Lunch:	<b>Sliced Bagel with Peanut</b>	<b>Butter &amp; Fortune Cookie</b>	<b>OR PBJ Sack Lunch</b>
28 WINTER BREAK THIS WEEK	29 <b>HAPPY HOLIDAYS</b>	30 School Resumes January 4	The Balanced Choice Program highlights meals that meet precise nutritional parameters to help students identify healthy meals	Nutritional Message on Menu Back 

\* Self-Serve Food Bars offered with all meals include canned fruit of the day, fresh apple, baby carrots with ranch dip, and condiments

Questions? Call Dawn Madison ( Director of Food & Nutrition Services) at 923-5011 . Sue Ross (Assistant Director) at 923-5585. Toni Nagy ( Office Admin) at 923-5062.  
To sign up for EBites nutrition newsletters, check out our website at [www.eatlearnlive.com](http://www.eatlearnlive.com) For additional menu and nutrition info see the lunch section on the MPS Website

**All Alternate & PBJ Uncrustable Sack Lunches include Baby Carrots and Food Bar.**  
All meals include choice of 2% white or 1% chocolate milk  
*Menu Subject to Change*

**Prices**

Paid Lunch .....	\$2.05
Reduced Lunch .....	\$ .40
Paid Breakfast .....	\$1.25
Reduced Breakfast .....	\$ .30
Milk Only .....	\$ .50

**Breakfast Menu on back**

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