

MAY 2017

MONROE-WOODBURY MIDDLE SCHOOL BREAKFAST AND LUNCH MENU

M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
1 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices LUNCH Plain or Spicy Chicken Tenders Dinner Roll Tossed Salad Steamed Spinach Sliced Pears Cold Milk Choices	2 BREAKFAST Waffles with Fruit Sauce Chilled and Fresh Fruit Cold Milk Choices LUNCH Crusader Burger with Lettuce & Tomatoes Seasoned Wedges Tossed Salad Box of Raisins Cold Milk Choices	3 BREAKFAST Breakfast Bun Chilled and Fresh Fruit Cold Milk Choices LUNCH BBQ or Breaded Chicken Pasta Salad Chick Pea Salad Tossed Salad Melon Slices Cold Milk Choices	4 BREAKFAST Scrambled Eggs & Toast Chilled and Fresh Fruit Cold Milk Choices LUNCH Breakfast for Lunch! French Toast Sticks Canadian Style Bacon Sweet Potato Wedges 100% Fruit Juice Applesauce Cup Cold Milk Choices	5 BREAKFAST Fruit and Yogurt Parfait Graham Crackers Chilled and Fresh Fruit Cold Milk Choices LUNCH Cheese Stuffed Shells Garlic Bread Cucumber Salad Tossed Salad Diced Peaches Cold Milk Choices
8 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices LUNCH Crusader Breakfast Wrap Potato Wedges Orange Smiles 100% Fruit Juice Cold Milk Choices	9 BREAKFAST Pancakes Side of Ham Chilled and Fresh Fruit Cold Milk Choices LUNCH Spaghetti & Meatballs or Meatball Parmigiana Hero Roasted Broccoli Tossed Salad Mixed Fruit Cold Milk Choices	10 BREAKFAST Pull Apart Cinnamon Roll Chilled and Fresh Fruit Cold Milk Choices LUNCH Taco* Boat Nachos, Lettuce & Tomatoes Spanish Rice Corn Niblets Salsa Tropical Fruit Cold Milk Choices	11 BREAKFAST Cheese Omelet Wrap Chilled and Fresh Fruit Cold Milk Choices LUNCH Chicken Fajita Wraps with Peppers & Onions Rice Tossed Salad Black Bean & Corn Salad Diced Pears Cold Milk Choices	12 BREAKFAST Fruit and Yogurt Parfait Granola Chilled and Fresh Fruit Cold Milk Choices LUNCH Mozzarella Sticks with Sauce Breadsticks Chickpea Salad Tossed Salad Chilled Pineapple Cold Milk Choices

AVAILABLE DAILY

Breakfast
Cold Cereal Choices, Chilled Juice or Cold Milk Choices, Fresh Fruit, Assorted Fruited 4 oz. Yogurt, Bagel Alternate

Breakfast consists of 8 oz. fluid milk, fresh or canned fruit, vegetable or juice, grain or alternate, meat or alternate or both.

In the event of a two hour delay, breakfast will not be served.

Lunch
Fresh Fruit & Salad Bar, Pizza, Baby Carrots, All Beef Hamburgers, Deli or Salad Bar

All meals consist of 8 oz. low-fat or skim milk, one cup salad, vegetable and/or fresh or canned fruits & whole grain bread, whole grain rice and pasta.

USDA is an equal opportunity provider and employer.
 Menus are subject to change.
 *May contain pork.

DAILY HIGH SCHOOL STUDENT MEAL PRICES:

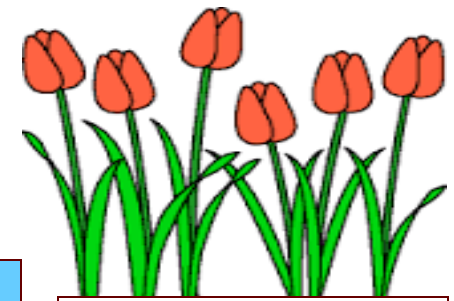
BREAKFAST: \$ 2.00
LUNCH: \$ 3.00

TO PAY BY CHECK: PLEASE ISSUE TO M-W FOOD SERVICES.

TO PAY BY CREDIT CARD: USE WWW.PAYPAMS.COM
 To view your child's account history and set up low cash notifications, please set up a **free** PAYPAMS account at **www.paypams.com** or download the app for your cell phone.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">15 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Chicken Nuggets Mashed Potatoes Glazed Carrots Dinner Roll Tossed Salad Diced Peaches Cold Milk Choices</p>	<p style="text-align: center;">16 BREAKFAST Mini Waffles Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Baked Ziti Garlic Bread Cucumber Salad Tossed Salad Seedless Grapes Cold Milk Choices</p>	<p style="text-align: center;">17 BREAKFAST Whole Grain Pastry Ring Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Pancakes Breakfast Sausage* Tater Tots 100% Fruit Juice Strawberry Cup Cold Milk Choices</p>	<p style="text-align: center;">18 BREAKFAST Ham, Egg & Cheese on a Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Chicken Club BLT Roasted Broccoli Roasted Red Potatoes Tossed Salad Diced Pears Cold Milk Choices</p>	<p style="text-align: center;">19 BREAKFAST Fruit and Yogurt Parfait Graham Crackers Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Pulled Pork on a Roll or All Beef Hot Dog Vegetarian Beans Coleslaw Tossed Salad Mandarin Oranges Cold Milk Choices</p>
<p style="text-align: center;">22 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Plain or Spicy Chicken Strips Seasoned Waffle Fries Sautéed String Beans Tossed Salad Sherbet Cup Cold Milk Choices</p>	<p style="text-align: center;">23 BREAKFAST Egg & Cheese on a Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Grilled Ham & Cheese on a Bagel Potato Smiles Tossed Salad Sliced Pears Chilled Milk Choices</p>	<p style="text-align: center;">24 BREAKFAST Mini Pancakes Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Cheese Lasagna Breadstick Caesar Salad Steamed Squash Chilled Pineapple Cold Milk Choices</p>	<p style="text-align: center;">25 BREAKFAST Breakfast Bun Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH French Bread Pizza Tossed Salad Chickpea Salad Tossed Salad Frozen Fruit Juice Bar Cold Milk Choices</p>	<div style="border: 2px solid red; border-radius: 15px; padding: 10px; background-color: #800000; color: white; text-align: center; width: 100px; margin: auto;"> <p style="font-size: 24px; margin: 0;">SCHOOL CLOSED TODAY</p> </div>
<p style="text-align: center;">29</p> <div style="text-align: center;"> </div>	<p style="text-align: center;">30 BREAKFAST Bagels or Rolls Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH Popcorn Chicken Bowl with Dinner Roll Mashed Potatoes Yellow Corn Niblets Tossed Salad Applesauce Cold Milk Choices</p>	<p style="text-align: center;">31 BREAKFAST Mini Waffles Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH French Toast Sticks Canadian Bacon Potato Hash Brown 100% Fruit Juice Peach Cup Cold Milk Choices</p>	<div style="border: 1px solid black; padding: 10px; margin: auto; width: 80%;"> <p style="text-align: center;"><i>Get in touch with us today to learn more about free and reduced price meals in our district!</i></p> <p style="text-align: center;">(845) 460-6110 or foodforthought@mw.k12.ny.us</p> </div>	
<p>FOOD SERVICE APPRECIATION DAY!</p>				

Questions about your child's account?
Please call your child's cafeteria at (845) 460-6200
HS: x7041
MS: x6441
PT: x6941
NM: x6841
CV: x6741
SC: x6341
SE: x6541

Don't Forget! Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete meal!

LOOKING FOR WORK WHILE YOUR CHILD IS IN SCHOOL?
Substitute Food Service Positions are Available!
Please contact Food Services at (845) 460-6110

Please view www.mw.k12.ny.us to view the Food Service Link

Thank you for dining with Monroe-Woodbury Food Services!!