



Williamsburg Middle/High School Lunch Menu

Aug 16-Dec 19 - Note: "No School" days are not marked.

Fruit & Vegetable Bar Offered Daily

	MONDAY <i>Vegetable of the Day:</i> Corn	TUESDAY <i>Vegetable of the Day:</i> Peas	WEDNESDAY <i>Vegetable of the Day:</i> Broccoli	THURSDAY <i>Vegetable of the Day:</i> Cook's Choice of Other	FRIDAY <i>Vegetable of the Day:</i> Green Beans
Week 1 8/16-17, 9/10-14, 10/8-12, 11/5-9, 12/3-7	Meatless Monday Toasted Cheese w/Tomato Soup	"Brunch for Lunch" Warm Fruit Cook's Choice of Brunch	"Burrito Bar" Chicken/Beef Burrito Bar w/Brown Rice, Black Beans, Refried Beans & Toppings Bar	Chicken Nuggets Dinner Roll Baked Beans	Taste of Cincinnati Cheese Coney, Phony Coney w/Cincinnati Chili
Week 2 8/20-24, 9/17-21, 10/15- 19, 11/12-16, 12/10-14	Meatless Monday Cheese Calzone w/Marinara Sauce	Asian Chicken w/Brown Rice	"Italian Bar" Pasta & Meat Sauce w/Garlic Bread	Chicken Tenders Dinner Roll Baked Beans	Philly Steak w/ Cheese Sandwich Pinto Beans
Week 3 8/27-31, 9/24-28, 10/22- 26, 11/19-23, 12/17-19 Winter Break	Meatless Monday Macaroni & Cheese Dinner Roll	"Brunch for Lunch" Warm Fruit Cook's Choice of Brunch	"Taco Bar" Beef Taco in a Bag w/Brown Rice & Cheese, Salsa, & Black Beans	Popcorn Chicken /Dinner Roll Baked Beans	Taste of Cincinnati Cincinnati Chili w/ Spaghetti- 3 way
Week 4 9/3-7, 10/1-5, 10/29- 11/2, 11/26-30	Meatless Monday Cheezy Bread w/Marinara Sauce Bread Stick	Corn Dog w/Dipping Sauce & Chickpeas & Tomatoes	"Italian Bar" Pasta & Meat Sauce w/Garlic Bread	Chicken Wings Dinner Roll Baked Beans	Country Steak Mashed Potatoes Dinner Roll

This menu is subject to change, without notice, due to price or availability of products

School Lunch Prices:
Regular Meals: \$3.00 Extra Entrée: \$2.50
 Includes fruit, vegetable, & milk w/Menu Entrée:
 Hamburger/ Cheeseburger, PB&J Uncrustable,
Reduced Meal: \$0.40
 Milk \$0.50 Selections include
 Fat- free or 1% white, & fat- free chocolate
Super Meals: \$3.50 Extra Entrée: \$3.00
Daily: Crispy/Spicy Chicken Sandwich, Bosco
 Sticks, Burgers **Tues & Thurs:** Specialty Pizza

Nachos & Cheese
Adult Meals and Extra Entrees: Additional \$.75
 more than student meals
 Most grains are whole grain.
 For a complete meal, students must select ½ cup fruit/
 vegetable.
**The Fruit & Vegetable Bar includes fresh
 or canned fruit, romaine salad, and hot or
 fresh vegetables, in addition to the vegeta-
 ble of day. Weekly vegetable sub-groups**

**include dark green, red/orange, bean,
 starchy, & "other".**
 Italian /bar: Spaghetti, Lasagna /Rollups, or
 Ravioli
**Menus with an asterisk* are from the sug-
 gestion box and have been submitted by
 students. .**
Bars are served from the heated station.
 Please make separate lunch checks payable to
 Milford Nutrition Services. To check meal ac-

count balances, view a detailed list of payments
 received and items purchased, or to make a pay-
 ment to your child's meal account - log into
[https://www.spsezpay.com/Milford/ezpay/
 Login.aspx](https://www.spsezpay.com/Milford/ezpay/Login.aspx)

This institution is an equal opportunity provider.
"Brunch for Lunch" Options:
**Pancakes, French Toast, or Waffle w/
 Sausage or Chicken**

Williamsburg Middle/High School Breakfast Menu

Breakfast Meal: \$1.50 Reduced Price Meal \$0.30

**Choice of 1 double entrée or a combination of 1 single entrée with cheese stick
Breakfast includes 2 side items and fat-free or 1% unflavored milk.**

*Eat a school
breakfast
& start the day ready
to learn!*

Single Breakfast Entrees

Offered with cheese stick

- Assorted Cereal
- Assorted Bars
- Cocoa Rice Krispie Bars

Double Breakfast Entrees:

May Select one of the following:

- Blueberry Waffles
- Chocolate Chip French toast
- Mini Cinnis

Double Breakfast Entrees:

May Select one of the following:

- Assorted Breakfast Sandwiches
- Assorted Breakfast Pizza
- Bagel with PB
- Bagel filled w/Strawberry Cream Cheese
- Pancake & Sausage on a Stick
- PB&J Graham

A la Carte Entrees: \$1.00

Side Items

Student must select
1/2 cup fruit or juice:

- 1/2 cup fruit juice
- 1/2 cup fruit
- 1/4 cup dried fruit (raisins) credits as a 1/2 cup

**Extra Side Items::
\$0.50**

Please make separate lunch checks payable to Milford Nutrition Services. To check meal account balances, view detailed list of payments received and items purchased or to make a payment to your child's meal account, log into

<https://www.spseipay.com/Milford/ezpay/Login.aspx>

or check with the kitchen manager. For more details regarding Nutrition Services, visit www.milfordschools.org.

**For comments or concerns about the lunch program,
contact Gerry Levy: 513-576-2292.**

This institution is an equal opportunity provider.
Thank you for participating in the school lunch program!