

# MAYFIELD MIDDLE-HIGH CAFÉ MENU

Student Lunch Price

## JANUARY 2012

### DAILY ENTREES

7-12 \$2.05

Reduced .25

Student Milk \$.55

All meals are served with a choice of

**Entrée:** Hot or cold meal



**Milk Variety:** 1% Low Fat, ½ % Choc. or Skim

**Fruit:** Fresh, canned Or 100% fruit juice.

**Vegetable:** May include hot or cold veggie. Fresh veggie offered daily.

**Bread /Grain:** Whole Wheat

Student must select a minimum of three items from the five menu items offered

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JANUARY 2</b> 	<b>3</b> Ch'burger-Bun Or Hamburger-Bun Potato Rounds Fruit Choice	<b>4</b> Spirals & Meat sauce Wheat Dinner Roll Broccoli Cuts Fruit Choice	<b>5</b> Mexican Double Taco or Burrito Fluffy Rice Steamed Corn Fruit Choice	<b>SUPER SAMPLER 6</b> Chicken Nuggets BBQ Flat Bread Dipper-sc Cheese Stix-sc Veggie Pasta Salad Carrot Coins Fruit Choice
<b>9</b> Chicken Stir Fry Rice Pilaf California Blend Fruit Choice	<b>10</b> NY Style Pizza Or Firecracker Sand Garden Pasta Salad Fruit Choice	<b>11</b> Hot Dog-Bun or Chicken Grabber Baked Beans Oatmeal Cookies Fruit Choice	<b>12</b> Grilled Cheese Sand H'style Tomato Soup W/ Saltines Garden Peas Fruit Choice	<b>13</b> Buff Chicken Wrap or Cheese Stix-sc Broccoli Cuts Fruit Choice
<b>16</b> Martin Luther King Day 	<b>17</b> TurkMashPot Bowl Wheat Dinner Roll Steamed Corn Fruit Choice	<b>18</b> Waffles & Syrup w/ Baked Ham or Pizza Wrap Potato Rounds Applesauce	<b>19</b> Steak & Ch Sub w/ pepper & onions Or Ham & Ch Grinder Baked Beans Fruit Choice	<b>SUPER SAMPLER 20</b> Chicken Nuggets BBQ Flat Bread Dipper-sc Cheese Stix-sc Veggie Pasta Salad Carrot Coins/Fruit
<b>23</b> Chicken Fajita Macaroni Salad Green Beans Fruit Choice	<b>24</b> Macaroni n Cheese Wheat Dinner Roll Mixed Green Salad Fruit Choice	<b>25</b> NY Style Pizza Or Bac Ch'burger-Bun Mixed Green Salad Snickerdoodles Fruit Choice	<b>26</b> Mexican Double Taco or Burrito Fluffy Rice Garden Veggies Fruit Choice	<b>27</b> Early Dismissal  <b>No Lunch Available</b>
<b>30</b> Spaghetti & Meatsauce Wheat Dinner Roll Mixed Green Salad Fruit Choice	<b>31</b> Buffalo Pizza Seasoned Potato Wedges Fruit Choice	<b>Fresh carrot coins                      or green salad w/                      low-fat dressing                      offered daily</b>	Students and Parents Question? Suggestion? Please contact: Darla Sandford FSD 853-4508 ext.4218 or <a href="mailto:dsandford@ffcsd.org">dsandford@ffcsd.org</a> Account questions? Lindsay Boerenco 661-8257 Menus available online: <a href="http://www.mayfieldk12.com">www.mayfieldk12.com</a> <b>Menu Subject to Change Without Notice</b>	



**Pizza Stone**  
 Cheese Pizza  
 offered daily

### Grab n Go Grille

### DAILY ALTERNATE ENTRÉE

PBJ-Plate is offered Daily

#### Monday

Hamburger

#### Tuesday

MCS Ham & Ch Bagel  
 Melt

#### Wednesday

Crispy Chicken Patty

#### Thursday

Chipotle Chicken  
 Wrap

#### Friday

Baked Fish Fillet  
 Sandwich

Assorted Yogurt & Graham Crackers available daily

### GRAB A FRESH SALAD Salad Bar available daily

Shaker Chef  
 Salad

Shaker Chef  
 Salad

Turkey BLT  
 Shaker Salad

Crispy Chicken  
 Salad

Shaker Chef  
 Salad

### DELI SANDWICHES

Freshly prepared sandwiches with assorted deli meats & cheese prepared on selected: Wheat Bread, Rolls and Wraps with Accompaniments SPECIAL Hot Turkey & Cheese Wrap



**DID YOU KNOW:** You can send in any amount of prepayment for Lunch/Breakfast at any time? We strongly encourage parents to prepay using a check or parents can now access their children's school lunch accounts through [www.MyNutrikids.com](http://www.MyNutrikids.com) Sign up now!  
 Checks should be made payable to Mayfield Central School

