

Point of Sale Payment can be made by check or cash, please include your child's name and pin # with all pre-payments. You may also pay on line (www.schoolcafe.com)

\*There is a fee for on-line deposits.

# Haverford School District Middle School Lunch Menu February 2017 to June 2017

### Meal Prices

Paid Breakfast	\$1.75
Reduced Breakfast	\$ .30
Paid Lunch	\$3.00
Reduced Lunch	\$ .40

\* May contain pork

MILK IS AVAILABLE WITH ALL MEALS 1% White, Skim, Low-fat Chocolate & Low-fat Strawberry - Available Daily: Raisins, Craisins every MWF

	Weeks Of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	2/6, 3/20, 5/8	Chicken Fritter Sandwich Meatball Hoagie	*Hot Dog on a Bun BBQ Chicken Sandwich	Chicken Cheese Steak Hoagie Dutch Waffle/*Sausage	Chicken Tenders/ Roll Toasted Cheese Sandwich	Pasta w/Meat sauce Buffalo Chicken Sandwich
		Oven Baked Fries Baby Carrots/Dip Lettuce/Tomato Juice, Fresh or Chilled Fruit	Baked Beans Sweet Corn Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Sweet Pot. Fries Red & Green Pepper Strips/Dip Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Tomato Soup Oven Baked Fries Caesar Salad Juice, Fresh or Chilled Fruit	Fresh Leafy Green Salad Sloppy Joe on Bun Lettuce/Tomato Juice, Fresh or Chilled Fruit
WEEK 2	Weeks Of: 2/13, 3/27 5/15	Chicken & Mini Waffles BBQ *Rib Sandwich on a Bun	Beef Nachos w/ Salsa Chicken Burrito	Macaroni & Cheese/Roll *BBQ Pork Sandwich	Chic. Parm Sandwich Asian Beef with Rice	Sloppy Joe on Bun Cheesy Bread Sticks w/Sauce
		Steamed Carrots Oven Baked French Fries Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Pinto Beans Veggie Boat Lettuce/Tomato Juice, Fresh or Chilled Fruit	Steamed Broccoli Fresh Leafy Green Salad Beet Salad Juice, Fresh or Chilled Fruit	Oriental Vegetables Baby Carrots/Dip Caesar Salad Juice, Fresh or Chilled Fruit	Pasta Salad Veggie Boat Spinach & Tomato Salad Juice, Fresh or Chilled Fruit
WEEK 3	Weeks Of: 2/20, 4/3 5/22	Tortellini Alfredo/Garlic Bread *Ham & Cheese Melt on a Croissant	Two Hard Beef Tacos BBQ Chicken & Cheddar Sandwich	Cheese Steak Hoagie Corn Dog	Oriental Popcorn Chicken with Rice BBQ Cheeseburger on a Bun	Baked Potato Bar Grilled Ham/Cheese Sandwich
		Green Beans Italian Bean & Tomato Salad Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Refried Beans & Salsa Veggie Boat Lettuce/Tomato Juice, Fresh or Chilled Fruit	Oven Baked French Fries Baby Carrots/Dip Caesar Salad Juice, Fresh or Chilled Fruit	Steamed Brussels Sprouts Broccoli & Dip Lettuce/Tomato Juice, Fresh or Chilled Fruit	Tomato Salad Bagged Carrots Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit
WEEK 4	Weeks Of: 2/27, 4/17 5/30	Buffalo Chicken Grinder BBQ *Pulled Pork on a Bun	Taco Salad Meatball Hoagie	Mushroom Cheese Steak Cheesy Bread Sticks w/Sauce	Chicken Fritter Sandwich *Hot Dog on a bun	Tuna Melt French Dip Sandwich
		Oven Baked French Fries Steamed Peas Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Black Beans & Salsa Steamed Broccoli Caesar Salad Juice, Fresh or Chilled Fruit	Round Roasted Potatoes Kale Salad Veggie Boat Juice, Fresh or Chilled Fruit	Steamed Cauliflower Baked Beans Lettuce/Tomato Juice, Fresh or Chilled Fruit	Tater Tots Steamed Edamame Veggie Boat Juice, Fresh or Chilled Fruit
WEEK 5	Weeks Of: 3/6, 4/24 6/5	Honey BBQ Chicken Tenders Corn Dog	Beef Nachos *Italian Hoagie/Sun Chips	Turkey&Gravy w/Biscuit *BBQ Rib Sandwich	Macaroni & Cheese/Roll Buffalo Chicken Pizza	Toasted Cheese Sandwich Turkey & Cheese on a Bun
		Oven Baked French Fries Broccoli Florets w/Dip Caesar Salad Juice, Fresh or Chilled Fruit	Pinto Beans & Salsa Kale & Grape Tomato Salad Lettuce/Tomato Juice, Fresh or Chilled Fruit	Mashed Potatoes Steamed Carrots Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Steamed Brussels Sprouts Celery Sticks/Dip Baby Carrots Juice, Fresh or Chilled Fruit	Tomato Soup Veggie Boat Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit
WEEK 6	Weeks Of: 3/13, 5/1 6/12	Chicken Fajita/Salsa Chic. Parm. Sandwich	Beef Burrito French Toast Sticks & *Sausage	3 Cheese Calzone/Sauce Buffalo Chicken Cheese-Steak Hoagie	Oriental Popcorn Chicken with Rice Roast Turkey Ruben	Chicken Salad on a Croissant *Hot Roast Pork Sandwich
		Green Beans Carrot Sticks with Dip Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Refried Beans & Salsa Veggie Boat Lettuce/Tomato Juice, Fresh or Chilled Fruit	Oven Baked French Fries Caesar Salad Beet Salad Juice, Fresh or Chilled Fruit	Oriental Vegetables Broccoli Florets w/Dip Lettuce/Tomato Juice, Fresh or Chilled Fruit	Oven Baked French Fries Cucumber Slices w/Dip Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit

### THE ITEMS BELOW ARE AVAILABLE EACH WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Weekly Specials	<b>Hot Deli</b>	Cheeseburger on a Bun Chicken Tenders/ Dinner Roll	Cheese Steak Hoagie Chicken Patty on a Bun	Cheeseburger on a Bun Chicken Tenders/ Dinner Roll	Cheese Steak Hoagie Gr. Chic. Breast Sandwich	Cheeseburger on a Bun Spicy Chicken Patty on a Bun
	<b>*Assorted</b>	Grab & Go Salads, Wraps	Grab & Go Salads, Wraps	Grab & Go Salads, Wraps	Grab & Go Salads, Wraps	Grab & Go Salads, Wraps
	<b>*Assorted</b>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	<b>*Italian</b>	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas	Assorted Pizzas

February					March					April					May					June				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
		1	2	3			1	2	3	3	4	5	6	7	1	2	3	4	5					
5	6	7	8	9	6	7	8	9	10	ns	ns	ns	ns	ns	8	9	10	11	12	5	6	7	8	9
NS	14	15	16	17	13	14	15	16	17	17	18	19	20	21	15	16	17	18	19	12	13	14	15	16
20	21	22	23	24	20	21	22	23	24	24	25	26	27	28	22	23	24	25	26					
27	28				27	28	29	30	31						NS	30	31							

Calendar Legend: Follow the Calendar & Key to our 6 week cycle.

Week: 1 2 3 4 5 6

NL= No Lunch    NS= No School

\*Breakfast available daily in cafeteria

USDA is an equal opportunity provider and employer.