



June 2017

Middle School Lunch Menu



Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
No School  Memorial Day!	Lunch Chicken Tenders or Buffalo Chicken Homemade Mac & Cheese Green Beans Mandarin Oranges	Lunch Homemade Cheeseburgers or Hamburgers Plain or Spicy Chicken Patties Hamburger w/lettuce, tomato & pickle on Whole Wheat roll Baked Fries Bananas	Lunch Cheeseburger Calzone or BLT w/ Cheese on a Ciabatta Roll Sweet Potato Fries Fresh Cantaloupe	Lunch Big Daddy's Pizza Caesar Salad Mixed Fruit
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Lunch Chicken Tenders or BBQ Pulled Pork on a Kaiser Roll Onion Rings Pears	Lunch Lemon Sesame Ginger Chicken over Rice Pilaf or Italian Subs Sweet Potato Fries Diced Peaches	Lunch Homemade Cheeseburgers or Hamburgers Plain or Spicy Chicken Patties Hamburger w/lettuce, tomato & pickle on Whole Wheat roll Baked Fries Assorted Fruit	Lunch Beef Chili Nachos or Hot Dogs Baked Beans Raisins	Lunch Assorted Pizza Caesar Salad Applesauce Cups
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Lunch Chicken Tenders or Roast Pork w/ Gravy Mashed Potatoes Vegetable Medley Assorted Fruit	Lunch Grilled Cheese or Chicken Fajita Sub Carrots w/ Lt. ranch dressing Apples	Lunch Homemade Cheeseburgers or Hamburgers Plain or Spicy Chicken Patties Hamburger w/lettuce, tomato & pickle on Whole Wheat roll Baked Fries--- Oranges	Lunch Homemade Mac & Cheese or Beef Tacos Lettuce, Tomatoes, Salsa, Sour Cream 3 Bean Salad Peaches	Lunch Homemade Cheese or Pepperoni Caesar Salad Mixed Fruit

Breakfast Daily Offerings: \$1.75

Grab & Go Breakfast Bags

Choice of:
 Assorted Cereals
 Breakfast Sandwiches
 Daily Breakfast Special
 Breakfast Bars
 Bagel Bars
 Yogurt Parfaits
 Assorted Breakfast Pastry
 Cheese Sticks
 Juice, Milk
 Fresh Fruit




Lunch: \$3.00

Fresh Salad Bar
 Sandwiches made to order
 Includes, a fruit or vegetable and milk

For Questions Please Contact:
 Pam Ashley, Manager
 Melissa Carr, Bookkeeper
 603-436-5781

Menu Subject to Change

MySchoolBucks.com gives parents a fast, easy and secure way to add money to your children's school meal accounts (using a credit, debit card or PayPal account), check your children's current school meal account balances and monitor what items your children have been purchasing at school If you have questions, contact Deborah Riso 436-0443 or Karley Lapierre, 610-4474.

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
<u>Lunch</u> Chicken Tenders or Meatballs Subs Green Beans Pears	<u>Lunch</u> Beef Stroganoff Sandwich or Buffalo Chicken Flatbread Corn Applesauce Cups	<u>Lunch</u> Homemade Cheeseburgers or Hamburgers Plain or Spicy Chicken Patties Hamburger w/lettuce, tomato & pickle on Whole Wheat roll Baked Fries Assorted Fruit	<u>Lunch</u> Manager's Choice Last Day of School!	

USDA AND THIS INSTITUTION ARE EQUAL PROVIDERS AND EMPLOYERS

*Fresh Salad Bar, Assorted Sandwiches Offered Daily!
(includes a fruit, or vegetable and milk)*



DO YOU QUALIFY FOR FREE OR REDUCED LUNCH?

The Portsmouth School Nutrition Program offers healthy meals every school day. **Your child(ren) may qualify for free or reduced priced meals. Applications will be sent home during the first week of school,** or are available to download on the web site.

Who can get free meals?

Children in households getting food stamps or TANF can get free meals regardless of your income. Also, your children can get free price meals if your household income is within the free limits on the Federal Income Guidelines.

Who can get reduced price meals?

Your children can get low cost meals if your household income is within the reduced price limits on the Federal Income Chart, shown on the application.

If I don't qualify now, may I

apply later? Yes. You may apply at any time during the school year if your household size goes up, income goes down, you lose your job or if you start getting Food Stamps, TANF or other benefits.