



2018-2019 Mayfield Middle School Menu



Lunch Menu

Make half your plate Fruits and Veggies - A Fruit and a Vegetable will be offered daily! Students must choose a fruit or vegetable offering with his/her lunch. Most grains will be whole grain rich and milk offered is fat free or low fat. Lunches are 30% or less total fat and 10% or less saturated fat. Go to www.ChooseMyPlate.gov for more info on healthy eating!

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|--|--|--|
| | <ul style="list-style-type: none"> Build Your Own Burger or Chicken Sandwich Baked Fries Veggie Sticks Hummus Fruit Cup Milk | Taco Tuesday! <ul style="list-style-type: none"> Build Your Own Taco or Chicken Fajita Cilantro Rice Tomato Salsa Corn Black Beans Fruit Cup • Milk | <ul style="list-style-type: none"> Mini Corn Dogs w/Roll (Chicken) or All Beef Hot Dog Baked Fries or Sweet Potato Fries Fruit Cup • Milk | <ul style="list-style-type: none"> Pasta of the Day & Meatballs or Mozz. Sticks w/Roll & Marinara Fresh Steamed Broccoli Fruit Cup Veggie Sticks Ranch • Milk | <ul style="list-style-type: none"> Chicken Patty Sandwich or Chicken Poppers with a Garlic Breadstick Mini Salad Bar w/ Fresh Veggie Toppings Fudge Brownie Fruit Cup • Milk |
| Alternate | Cheese Pizza | Cheese Quesadilla | Grilled Cheese | Pasta with Mozzarella Sticks | Cheese Pizza |

GRAB & GO SALAD LUNCHES: Fresh assorted Salads with a Roll, Fruit Cup, Milk. Vegetarian Salad options available! Students can pre-order salads or wraps by calling the café at 995-7831 by 8:30am.

Start Your Day the Right Way With School Breakfast!!

School breakfast will give you MORE energy, keep your body healthy and help improve your grades!

Breakfast Times: 7:30am - 7:50am | Price: \$1.85

Breakfast will have either: Choice of: Bowl Pack Cereals, Whole Grain Rich Muffins or Pop-Tart with Low Fat Yogurt or String Cheese OR Whole Grain Rich PB&J Uncrustable, Fresh Fruit and/or Juice and Milk

A La Carte Selections

- Milk A La Carte \$0.50
- Daily Assorted Fresh Salads/Sandwiches..... \$2.50 - 3.50
- Daily Hot A La Carte Items: Breaded Chicken, Breadsticks, Mozzarella Sticks, etc. \$2.00 - \$2.50
- Bottled Water, Juice, Low Calorie Beverages... \$1.25 - \$1.50

Snacks are low fat, low sugar, and provide valuable Nutrients like Vitamin C, Calcium, Iron, Protein, and Fiber! If you would like to place a Snack or a la carte restriction on your child's account, please call 440-995-7835.

Meal Pricing

Middle School Lunch \$3.00

The cafeteria continues to offer the convenience and flexibility of our cashless POS system, a computerized cash register system. Depositing funds into a lunch account eliminates the need for a child to carry cash every day. Please utilize this system not only for your convenience but also to substantially speed up our lunch lines!! Use link on **Parent Portal of Infinite Campus** to add cash funds to student lunch accounts. Parents also can check meal account balances, sign up for low balance alerts, track food purchases and much more.

Pay by Check: Complete a payment form from the school office and include a check payable to Mayfield Food Service. Please put the child's first name and last name on the front of the check. Send the check into the school office or a food service cashier. Please do separate checks if students are located at different buildings.*

Cash: Sending in cash with elementary age students is not recommended, but is accepted. We are not responsible for lost or stolen cash.

Free and Reduced-price Meal Applications: Families who meet certain federal income standards are eligible for free or reduced-price meal benefits. On-line applications can be submitted on the Parent Portal of Infinite Campus or pick up an application at any school office.

Food Service/Nutrition Department | 1101 SOM Center Road MH, OH 44124 | (440) 995-7835 | Director: Robin Smeal, RD, LD | rsmeal@mayfieldschools.org

Menu is subject to change, especially if calamity days are called. Typically if a calamity day is called, the menu on return will be the menu scheduled for the calamity day. Menu changes will be posted on our website at www.mayfieldschools.org and if possible, menu changes will be announced at school the afternoon prior to the change. Food Allergy & Sensitivity and Diabetic Student Information: A physician's statement is required for specific food substitutions in the case of life threatening allergies (this includes milk). It is the parent's responsibility to review the monthly menu and contact the director of Nutrition Services with questions regarding specific content of food items. We do not ban any food from the school setting and we are NOT a Peanut/Nut-Free school district. Carb counts and nutritional information for most menu items are available on our website at www.mayfieldschools.org under Food Service/Nutrition Dept.

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