

# 2017-2018 Mayfield Elementary Schools SCHOOL LUNCH MENU



## LUNCH MENU

Lunch includes whole grain rich grains and low fat or fat free milk.

**What does a School lunch Provide?**  
A Fruit and a Vegetable will be offered daily! Please encourage your children to try the fruits and veggies offered. Each student must choose at least 1 fruit or vegetable with his/her lunch. All grains are whole grain rich and milk offered is fat free (flavored) or low fat (unflavored). Lunches are 30% or less total fat and 10% or less saturated fat.

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](http://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](http://www.mayfieldschools.org) under Food Service/Nutrition Dept.

August '17							September '17							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5	3	4	5*	6	7	8	1	2
6	7	8	9	10	11	12	10	11	12	13	14	15	16	
13	14	15	16	17	18	19	17	18	19	20	21	22	23	
20	21	22	23	24	25	26	24	25	26	27	28	29	30	
27	28	29	30	31										

  

October '17							November '17								
S	M	T	W	T	F	S	S	M	T	W	T	F	S		
		1	2	3	4*	5	6	7	5	6	7	8	9	10	11
8	9	10	11	12	13	14	12	13	14	15	16	17	18		
15	16	17	18	19	20	21	19	20	21	22	23	24	25		
22	23*	24	25	26	27	28	26	27	28	29	30				
29	30	31													

  

December '17							January '18						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	7	8	9	10	11	12	13
3	4	5	6	7	8	9	14	15	16*	17	18	19	20
10	11	12	13	14	15	16	21	22	23	24	25	26	27
17	18	19	20	21	22	23	28	29	30	31			
24	25	26	27	28	29	30							
31													

  

February '18							March '18						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4	5	6	7	8	9	10
4	5	6	7	8	9	10	11	12	13	14	15	16	17
11	12	13	14	15	16	17	18	19	20*	21	22	23	24
18	19	20*	21	22	23	24	25	26	27	28	29	30	31
25	26	27	28										

  

April '18							May '18						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3*	4	5	6	7	6	7	8	9	10	11	12
8	9	10	11*	12	13	14	13	14	15	16	17	18	19
15	16	17	18	19	20	21	20	21	22	23	24	25	26
22	23	24	25	26	27	28	27	28	29	30	31		
29	30												

### \* THEME DAYS

Master Pizza Days:  
Sept. 5, Oct. 23, Nov. 27, Jan. 16, Feb. 20, and April 3  
Super Salad Bar Days:  
Oct. 4, April 11

**WEEK 1**

**MONDAY**  
• Chicken Tenders with Sauce  
• Fresh Veggie Cup  
• Garlic Breadstick  
• Fresh Fruit Of The Day  
• Chocolate Pudding  
• Milk

**TUESDAY**  
• Mini Corn Dogs (Chicken)  
• Rold Gold Pretzels  
• Fresh Fruit Of The Day  
• Hummus  
• Milk

**WEDNESDAY**  
• Taco: Nachos And Beef  
• Shred. lettuce & Cheese  
• Fresh Veggie Cup  
• Fresh Fruit Of The Day  
• Salsa  
• Milk  
• Ranch Dressing

**THURSDAY**  
• Mini Cinnamon French Toast  
• Sausage Link (Pork)  
• Potato Triangle  
• Orange Juice or Wango Tango Juice  
• Milk

**FRIDAY**  
• Breaded Mozzarella Stix  
• Marinara Sauce  
• Whole Grain Roll  
• Garden Salad  
• Fresh Fruit Of The Day  
• Milk  
• Low Fat Ranch Or Italian

**WEEK 2**

**MONDAY**  
• Chicken Fryz  
• Baked Fries  
• Fresh Veggie Cup  
• Diced Peaches  
• Cinnamon Teddy Grahams  
• Milk  
• Ranch Dressing

**TUESDAY**  
• Cheeseburger or Burger  
• Pretzel Rod  
• Fresh Veggie Cup  
• Fresh Fruit Of The Day  
• Rice Krispy Treat  
• Milk  
• Ranch Dressing  
• Ketchup

**WEDNESDAY**  
• Chicken Tenders with Sauce  
• Baked Beans  
• Fresh Veggie Cup  
• Garlic Breadstick  
• Mandarin Orange Slices  
• Milk

**THURSDAY**  
• French Toast Sticks with Syrup  
• Sausage Link (Pork)  
• Potato Triangle  
• Fresh Fruit Of The Day  
• Orange Juice Or Wango Tango Juice  
• Milk

**FRIDAY**  
• Cheese Pizza  
• Garden Salad  
• Cherry Tomatoes  
• Applesauce  
• Milk  
• Low Fat Ranch Or Italian

**WEEK 3**

**MONDAY**  
• Chicken Nuggets  
• Smiley Face  
• Potatoes  
• Fresh Fruit Of The Day  
• Keebler Animal Crackers  
• Milk

**TUESDAY**  
• All Beef Hot Dog  
• Cheez-Its  
• Fresh Veggie Cup  
• Fresh Fruit Of The Day  
• Vanilla Pudding  
• Milk

**WEDNESDAY**  
• Pasta Marinara  
• Breaded Mozzarella Stix  
• Garden Salad  
• Fruit Cup  
• Brownie Bites  
• Milk  
• Low Fat Ranch Or Italian.

**THURSDAY**  
• Mini Eggo Blueberry Pancakes  
• Sausage Link (Pork)  
• Potato Triangle  
• Fresh Fruit Of The Day  
• Pumpkin Dip  
• Graham Crackers  
• Milk

**FRIDAY**  
• Deep Dish Round Cheese Pizza  
• California Medley  
• Fruit Cup  
• Milk

**WEEK 4**

**MONDAY**  
• Breaded Chicken Sandwich  
• Pineapple Tidbits  
• Veggie Sticks  
• Chocolate Elf Grahams  
• Milk  
• Ranch Dressing

**TUESDAY**  
• Taco: Nachos And Beef  
• Shred.lettuce & Cheese  
• Cowboy Corn Salsa Or Tomato Salsa  
• Fresh Fruit Of The Day  
• Milk

**WEDNESDAY**  
• Chicken Poppers  
• Garden Salad  
• Cherry Tomatoes  
• Garlic Breadstick  
• Diced Peaches  
• Milk  
• Low Fat Ranch Or Italian.

**THURSDAY**  
• Maple Burst'n Mini Pancakes  
• Sausage Patty (Pork)  
• Sweet Potato Fries  
• Cinnamon Applesauce  
• Milk

**FRIDAY**  
• Bosco's Pepperoni  
• Pizza Stick  
• Fresh Veggie Cup  
• Hummus  
• Shape-Up Fruit Juice Bar  
• Rice Krispy Treat  
• Milk



## MEAL PRICING

Elementary Lunch (includes Milk)..... \$ 2.75  
Reduced Price Lunch..... \$ 0.40

## LUNCH A LA CARTE SELECTIONS

- Fresh Small Salad..... \$1.00 - 2.50
  - Yogurt, String Cheese..... \$ 0.5-0.75
  - Whole Grain Rich Chips/pretzels..... \$ 0.50-0.75
  - Crackers/Grahams..... \$ 0.50
  - Half Pint Low fat or Fat free Milk..... \$ 0.50
  - 100% Juice or bottled water..... \$ 0.75
- 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.

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.

©, TM, © 2017 Kellogg NA Co. The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.