

In addition to our menu specials at Meeting House Hill School, we also offer a wide variety of entrees served on a daily basis. Choices include:

- Made to order Deli Sandwich: Choose from turkey breast, ham, salami, bologna, freshly made tuna or egg salad on a kaiser roll or Freihoffer Wheat Bread
- Chicken nuggets served with breadsticks
- Hamburger on a Freihoffer bun
- Cheeseburgers on a Freihoffer bun
- Turkey Franks on a Freihoffer bun
- Chicken patties served on a Freihoffer bun
- Trix or Danimals Yogurt served with breadsticks
- Pizza

Along with your entrée, you can choose two side items. Choices include:

- Hot Vegetable of the Day
- Oven Baked Tater Tots
- Seasonal Fresh Fruit - Macintosh Apples, Oranges, Red Grapes, Watermelon, Cantaloupe, Bananas, or Kiwi
- Strawberry, Raspberry, or Cherry Jell-O
- Vanilla or Chocolate Pudding made with 1% milk
- Garden Salad
- Soup of the Day
- Fruit Salad: pineapple, peaches, pears, applesauce, or fruit cocktail

Milk Choices:

- 1% Milk
- Skim Milk
- Lowfat Chocolate
- Whole

Orange Juice and Apple Juice available upon request

Our Salad Bar is prepared fresh daily and costs .30 an ounce

- Romaine Lettuce, Cherry Tomatoes, Celery, Cucumbers, Carrots, and Peppers
- Mushrooms, Artichokes, Olives, Beets, Seasoned Croutons
- Grilled Chicken Breast, Cottage Cheese, Mozzarella Cheese, or American Cheese
- Look for our Salad of the Day. Some varieties are Seafood Salad, Tomato, Basil & Mozzarella, or Tortellini Salad just to name a few.

Weekly Averaged Nutritional Values

	Week 1	Week 2	Week 3	Week 4	Week 5
Calories	668	699	651	669	652
Sodium	1250 mg	1269 mg	1207 mg	1169 mg	1226 mg
Iron	4.29 mg	5.19 mg	4.92 mg	4.63 mg	3.79 mg
Calcium	451.88 mg	500.44 mg	513.21 mg	483.73 mg	467.60 mg
Vitamin A	259 re	268 re	239 re	284 re	284 re
Vitamin C	12.65 mg	13.84 mg	11.90 mg	15.23 mg	12.55 mg
Protein	27.27 g	29.23 mg	28.58 g	28.62 g	26.23 g
Carbohydrate	94.73 g	98.60 g	90.86 g	93.00 g	89.31 g
Total Fat	20.81 g	22.20 g	20.42 g	21.47 g	22.09 g
Saturated Fat	7.18 g	8.61 g	7.78 g	7.72 g	7.94 g

