



Breakfast in the Classroom

Cycle Menu for 2023-2024 K-5



MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCT

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 : Year 2023 Week of 9/5 ,9/18, 10/2, 10/16, 10/30, 11/13, 11/27, 12/11				
Year of 2024 Week of 1/8, 1/22, 2/5, 2/19, 3/4, 3/18, 4/1, 4/15, 4/29, 5/13, 5/27				
Whole Grain Breakfast Cereal Kit with Fresh Juicy Red Apple Skim or TruMoo 1% Chocolate	Whole Grain Blueberry Bread Cinnamon Applesauce Cup 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Sky Blue Whole Grain Cinnamon Roll Strawberry Craisins 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Mini French Toast Whole Grain with Chocolate Chips Fresh Orange Wedges 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Whole Grain Confetti Pancakes Applesauce Cup 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 : Year 2023 Week of 9/11, 9/25, 10/9, 10/23, 11/6, 11/20, 12/4, 12/18				
Year 2024 Week of 1/2, 1/15, 1/29, 2/12, 2/26, 3/11, 3/25, 4/8, 4/22, 5/6, 5/20, 5/29, 6/3				
Whole Grain Breakfast Cereal Kit with Box of Sunshine Raisins Skim or TruMoo 1% Chocolate	Cinnamon Whole Grain French Toast Sticks Straw-Banana Apple Sauce 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Whole Grain Banana Bread Fresh Orange Wedges 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Blueberry Whole Grain Belgian Waffles Cherry Craisins 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Super Bakery Whole Grain Mini Chocolate Donut Fresh Apple 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate

First Breakfast meals are Free under Michigan School Meals for 2023-2024



Please go to houghtonportage.familyportal.cloud to fill out an application for school lunch meals or pick up an application in any office.

Second meals will be charged as an Ala Carte item for \$2.00

Students must have a positive balance on their meal account to purchase any second Meal or Ala Carte items.

This institution is an equal opportunity provider. ?? Contact sturnquist@hpts.us



Breakfast in the Lunchroom

Cycle Menu for 2023-2024 K-12

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCT

Option 1: Menued items and Option 2: Cereal and oatmeal breakfast meal offered are offered to all students.

Option 3: This is for the 6- 12th grade students only. They can build breakfast from the items offered on our rolling breakfast cart.

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 : Year 2023 Week of 9/5 ,9/18, 10/2, 10/16, 10/30, 11/13, 11/27, 12/11				
Year of 2024 Week of 1/8, 1/22, 2/5, 2/19, 3/4, 3/18, 4/1, 4/15, 4/29, 5/13, 5/27				
Pancake Wraps Turkey Sausage Wrapped with a WG Maple Pancake 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Yummy Homemade Whole Grain Finnish Pancake 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Sky Blue Whole Grain Cinnamon Roll 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Fresh Fruit Smoothie and WG French Toast Sticks 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Whole Grain Confetti Pancakes 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 : Year 2023 Week of 9/11, 9/25, 10/9, 10/23, 11/6, 11/20, 12/4, 12/18				
Year 2024 Week of 1/2, 1/15, 1/29, 2/12, 2/26, 3/11, 3/25, 4/8, 4/22, 5/6, 5/20, 5/29, 6/3				
Blueberry Whole Grain Belgian Waffles 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Cinnamon Whole Grain French Toast Sticks w/ Sausage 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Slice of Whole Grain Banana or Blueberry Bread 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Breakfast Bake (Egg, Cheese, Sausage and Hash Browns) WG Toast 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Super Bakery Whole Grain Mini Chocolate Donuts 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate

First Breakfast meals are Free under Michigan School Meals for 2023-2024



[The Michigan School Meals program allows for all public school students, grades Pre-K to 12, to eat breakfast and lunch for free. Learn more.](#)

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Questions??? Contact Shelby Turnquist at sturnquist@hpts.us

2023-2024 BHK/GE Snack Menu



Week one: 9/5, 10/2, 10/30, 11/27, 12/25, 2024: 1/3, 1/22, 2/19, 3/18, 4/22, 5/20 Week two: 9/11, 10/9, 11/6, 12/4 2024: 1/3, 1/29, 2/26, 3/25, 4/29, 5/28
 Week three 9/18, 10/16, 11/13, 12/11 2024: 1/8, 2/5, 3/4, 4/8, 5/6, 6/3 Week four 9/25, 10/23, 11/20, 12/18 2024: 1/15, 2/12, 3/11, 4/15, 5/13

Monday	Tuesday	Wednesday	Thursday	Friday
Orange Wedges Pretzel Twist	Fresh Fruit WG Cracker	Apple Slices Peanut Butter	Carrot Sticks Fat Free Ranch Dressing Colby Jack Cheese Cubes	Assorted WG Cereal Choice of Milk
Tortilla Chips Salsa Cup	Apple WG Cracker	Vanilla Yogurt Diced Peaches	Broccoli Bites Fat Free Ranch Dressing Cheese Stick	Celery Sticks Peanut Butter
Assorted WG Cereal Choice of Milk	Dried Fruit Pretzel Twists	Peanut Butter and Jelly On WG Bread	Cucumber slices and Tomato Fat Free Ranch Dressing Hard Boiled Egg	Apple Sauce String Cheese
Orange Smiles WG Goldfish Crackers	Fresh Fruit WG Cracker	Cottage Cheese Diced Peaches	Carrot Sticks Fat Free Ranch Dressing String Cheese	Assorted WG Cereal Choice of Milk

All Menus are subject to change based on product availability. USDA is an equal opportunity provider. Questions please contact Shelby Turnquist @ sturnquist@hpts.us



Houghton Portage Township Schools

2023 Weeks: 9/5, 10/16, 11/27
2024 Weeks: 1/8, 2/19, 4/1, 5/13

Week 1 Cycle Menu
Grades K-12

1

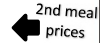
Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
V-Vegetable Lasagna Roasted Pepper, Squash, Onion, Layered with Cheese and Sauce served with WG Garlic Bread and a WG Mini Rice Krispies Treat ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni) ***** V-Yogurt Lunch *****	Chicken Fajita on a WG soft flour tortilla shredded cheddar cheese (optional) Sour Cream Pkg ***** Beef Taco on a WG soft flour tortilla shredded cheddar cheese (optional) Sour Cream Pkg ***** V-Yogurt Lunch *****	Tuna Macaroni Salad Pasta tossed with Tuna in a creamy sauce with peas and onions ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni) ***** V-Yogurt Lunch *****	Chicken Tenders and Waffles Both Whole Grain ***** Grilled Honey BBQ Beef Rib Patty on WG bun ***** V-Yogurt Lunch *****	V-WG Bosco Sticks Cheese Stuffed Breadsticks with Marinara Dipping Sauce ***** WG Tangerine Chicken Stir-Fry with Stir-Fry Vegetables and Brown Rice ***** V-Yogurt Lunch *****
				
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** French Fries Peaches in Light Syrup ***** Power Packed Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** Refried Pinto Beans and Cheese Pears ***** Vitamin Rich Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** Steamed Peas and Carrots Cooks Choice Seasonal Fresh Fruit ***** Mighty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Crunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away ***** Mashed Potato & Chicken Gravy Fruit Cocktail in light syrup ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Celery Sticks Sidekicks Slushy Fruit Juice Cup ***** Power Up Milk

Notes for Parents and Students:



Breakfast Times:
 K-5th 7:45-8:15
 6th-12th 7:45-8:10
Lunch Times:
 Y5 10:55-11:15
 K 10:55-11:15
 1st 11:25-11:45
 2nd 11:30 - 11:50
 3rd 12:00 - 12:20
 4th 12:05 - 12:25
 5th 12:35-12:55
 6th 11:30-12:00
 7th & 8th 11:04-11:36
 9th-12th 12:03-12:33

Student Prices:
 For the **2023-2024** school year meals will be **free** for all students, because of **Michigan School Meals**.
 Breakfast K-12 \$2.00
 Lunch K-5 \$3.00 Lunch 6-12 \$3.25 
 Extra milk or milk without a complete meal is \$0.50

Adult Prices:
 Breakfast \$3.50
 Lunch \$5.25
 Entrée Only \$4.00
 Salad Bar Only \$4.00

Yogurt Lunch Components:
 -Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek
 -Choose one Protein:
 Boiled Eggs, Colby Jack Cheese Cubes,
 String Cheese or Cheddar Cheese Stick
 -Choose Two Grains: Muffin, Crackers or Cereal
 -REQUIRED Half Cup Equivalent of Fruit or Vegetable
 -Choice of Milk

Reimbursable Meals must consist of three components (1/2 c equivalent of fruit or vegetable AND two more of the following components: meat/meat alternate, grain, milk) to qualify for a Complete Meal Pricing (per government reimbursable meal regulation.) Without all three components, students will be charged a higher Ala Carte Pricing and the meal will not qualify for Free/Reduced prices.

Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk

Although, meals are free to all students please fill out the meal application to keep state funding for our school and summer EBT. Submit your meal application online! Simply go to: houghtonportage.familyportal.cloud for a faster and more accurate process, or pick up a paper one in any office.

Grades 6-12, check out our Gremlin Café Menu

WG = Whole Grain
 *Contains Pork
 V= Vegetarian

Payments:
 Make payments on your child's lunch account at houghtonportage.familyportal.cloud or send cash/check in with student's name and account number.

All menus are subject to change based on product availability.

Students must have a positive balance on their lunch account to purchase any Ala Carte items.

Thank You for participating in the Breakfast and Lunch Programs ...Have a GREAT School Year...Shelby Turnquist FSD and Kitchen Crew

If you have any questions contact sturnquist@hpts.us

USDA is an equal opportunity provider.



Houghton Portage Township Schools

2023 Weeks: 9/11, 10/23, 12/4
2024 Weeks: 1/15, 2/26, 4/8, 5/20

Week 2 Cycle Menu
Grades K-12

2

Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*****</p> <p>Beef Italian Meatballs and Spaghetti Sauce Served over Pasta Optional condiment: Parmesan Cheese Pkg</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>*****</p> <p>Build Your Own Fiesta Nachos the fixins'- Beef & WG Tortilla Pieces Hot Cheese Sauce Top it off with some Vegetables from the Healthy Fruit and Vegetable Bar Sour Cream Pkg (Optional)</p> <p>*****</p> <p>Chicken Sandwich WG Breaded Chicken Patty on a WG Hamburger Bun</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>*****</p> <p>V- WG Macaroni and Cheese with a Hot Dog on WG Bun</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>*****</p> <p>BBQ Chicken Sandwich Boneless Chicken Breast Baked in BBQ Sauce on a WG Bun</p> <p>*****</p> <p>WG Popcorn Chicken with WG Buttermilk Biscuit</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>*****</p> <p>V-WG French Toast Sticks Served with a side of Sausage, Egg Patty and Syrup Cup</p> <p>*****</p> <p>Fruit and Yogurt Parfait Hard Boiled Egg Bag of WG Pretzel Twists Whole Grain Muffin</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>
<p>Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!</p>				
<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple *****</p> <p>Prince Charles Blend Applesauce *****</p> <p>Power Packed Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple *****</p> <p>Seasoned Black Beans Fruit Cocktail in light syrup *****</p> <p>Vitamin Rich Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple *****</p> <p>Crispy Baby Carrots Cooks Choice Seasonal Fresh Fruit *****</p> <p>Mighty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Crunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away *****</p> <p>Mashed Potato & Chicken Gravy Strawberries *****</p> <p>Frosty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple *****</p> <p>Crispy Oven Baked Potato Cubes Pears *****</p> <p>Power Up Milk</p>

Notes for Parents and Students:



Breakfast Times:
K-5th 7:45-8:15
6th-12th 7:45-8:10

Lunch Times:
Y5 10:55-11:15
K 10:55-11:15
1st 11:25-11:45
2nd 11:30 - 11:50
3rd 12:00 - 12:20
4th 12:05 - 12:25
5th 12:35-12:55
6th 11:30-12:00
7th & 8th 11:04-11:36
9th-12th 12:03-12:33

Student Prices:
For the **2023-2024** school year meals will be **free** for all students, because of **Michigan School Meals**.
Breakfast K-12 \$2.00
Lunch K-5 \$3.00 Lunch 6-12 \$3.25 2nd meal prices
Extra milk or milk without a complete meal is \$0.50

Adult Prices:
Breakfast \$3.50
Lunch \$5.25
Entrée Only \$4.00
Salad Bar Only \$4.00

Yogurt Lunch Components:
-Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek
-Choose one Protein:
Boiled Eggs, Colby Jack Cheese Cubes,
String Cheese or Cheddar Cheese Stick
-Choose Two Grains: Muffin, Crackers or Cereal
-REQUIRED Half Cup Equivalent of Fruit or Vegetable
-Choice of Milk

Reimbursable Meals must consist of three components (1/2 c equivalent of fruit or vegetable AND two more of the following components: meat/meat alternate, grain, milk) to qualify for a Complete Meal Pricing (per government reimbursable meal regulation.) Without all three components, students will be charged a higher Ala Carte Pricing and the meal will not qualify for Free/Reduced prices.

Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk

Although, meals are free to all students please fill out the meal application to keep state funding for our school and summer EBT. Submit your meal application online! Simply go to: houghtonportage.familyportal.cloud for a faster and more accurate process, or pick up a paper one in any office.

Grades 6-12, check out our Gremlin Café Menu

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*Contains Pork
V= Vegetarian

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Houghton Portage Township Schools

2023 Weeks: 9/18, 10/30, 12/11
2024 Weeks: 1/22, 3/4, 4/15, 5/28

Week 3 Cycle Menu
Grades K-12

3

Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hot Dog on WG bun with WG Macaroni and Cheese</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>Spaghetti with Homemade Beef Sauce over Pasta Optional condiment: Parmesan Cheese</p> <p>*****</p> <p>WG Corn Dog with a Honey Crunchy Batter</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>Hammie Sammie Hot Ham and Cheese Sandwich American Cheese on WG Hamburger Bun</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>WG Chicken Nuggets with WG Honey Dinner Roll</p> <p>*****</p> <p>Baked Ham served with WG dinner roll and WG goldfish crackers</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>V-Grilled Cheese Sandwich on WG Honey Wheat Bread</p> <p>*****</p> <p>Chef Salad diced turkey, turkey ham, boiled egg, lettuce veggie variety, shredded cheddar cheese, WG garlic croutons and WG Breadstick</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple</p> <p>*****</p> <p>Baked Beans Peaches in Light Syrup</p> <p>*****</p> <p>Power Packed Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple</p> <p>*****</p> <p>Crunchy Broccoli Buds Fruit Cocktail in light syrup</p> <p>*****</p> <p>Vitamin Rich Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple</p> <p>*****</p> <p>French Fries Cooks Choice Seasonal Fresh Fruit</p> <p>*****</p> <p>Mighty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Baby Carrots Crunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away</p> <p>*****</p> <p>Mashed Potato & 1/8 cup of Chicken Gravy Cantaloupe</p> <p>*****</p> <p>Frosty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple</p> <p>*****</p> <p>Chicken Noodle Soup Carrot Sticks Applesauce</p> <p>*****</p> <p>Power Up Milk</p>

Notes for Parents and Students:



Breakfast Times:
K-5th 7:45-8:15
6th-12th 7:45-8:10

Lunch Times:
Y5 10:55-11:15
K 10:55-11:15
1st 11:25-11:45
2nd 11:30 - 11:50
3rd 12:00 - 12:20
4th 12:05 - 12:25
5th 12:35-12:55
6th 11:30-12:00
7th & 8th 11:04-11:36
9th-12th 12:03-12:33

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Adult Prices:
Breakfast \$3.50
Lunch \$5.25
Entrée Only \$4.00
Salad Bar Only \$4.00

Yogurt Lunch Components:
-Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek
-Choose one Protein:
Boiled Eggs, Colby Jack Cheese Cubes,
String Cheese or Cheddar Cheese Stick
-Choose Two Grains: Muffin, Crackers or Cereal
-REQUIRED Half Cup Equivalent of Fruit or Vegetable
-Choice of Milk

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Houghton Portage Township Schools

2023 Weeks: 9/25, 11/6, 12/18
2024 Weeks: 1/29, 3/11, 4/22, 6/3

Week 4 Cycle Menu
Grades K-12

4

Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>V-WG Cheese Ravioli in Meatless Spaghetti Sauce with WG Garlic Bread</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>Homemade Beef and Bean Taco Salad Served with WG Tortilla Pieces Optional condiment: Sour Cream Pkg</p> <p>*****</p> <p>V-WG Cheese Quesadilla WG Tortilla Shell with Mozzarella Cheese Sour Cream Pkg (Optional)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>Baked Potato with Diced Ham Melted Cheese Sauce 2 slices WG Bread</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>WG Breaded Chicken Drumstick V-with Creamy Alfredo Sauce over Pasta</p> <p>*****</p> <p>V-Egg Salad Sandwich on WG Honey Wheat Bread</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>V-WG Bosco Sticks Cheese Stuffed Breadsticks with Marinara Dipping Sauce</p> <p>*****</p> <p>WG Tangerine Chicken Stir-Fry with Stir-Fry Vegetables and Brown Rice</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple</p> <p>*****</p> <p>Steamed Corn Fruit Cocktail in Light Syrup</p> <p>*****</p> <p>Power Packed Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple</p> <p>*****</p> <p>Seasoned Black Beans Peaches in Light Syrup</p> <p>*****</p> <p>Vitamin Rich Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple</p> <p>*****</p> <p>Broccoli and Cheese Cooks Choice Seasonal Fresh Fruit</p> <p>*****</p> <p>Mighty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Crunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away</p> <p>*****</p> <p>Baby Carrots Pears</p> <p>*****</p> <p>Frosty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple</p> <p>*****</p> <p>Cucumber Slices Sidekicks Slushy Fruit Juice Cups</p> <p>*****</p> <p>Power Up Milk</p>

Notes for Parents and Students:



Breakfast Times:
K-5th 7:45-8:15
6th-12th 7:45-8:10

Lunch Times:
Y5 10:55-11:15
K 10:55-11:15
1st 11:25-11:45
2nd 11:30 - 11:50
3rd 12:00 - 12:20
4th 12:05 - 12:25
5th 12:35-12:55
6th 11:30-12:00
7th & 8th 11:04-11:36
9th-12th 12:03-12:33

Student Prices:
For the **2023-2024** school year meals will be **free** for all students, because of **Michigan School Meals**.
Breakfast K-12 \$2.00
Lunch K-5 \$3.00 Lunch 6-12 \$3.25
Extra milk or milk without a complete meal is \$0.50

Adult Prices:
Breakfast \$3.50
Lunch \$5.25
Entrée Only \$4.00
Salad Bar Only \$4.00

Yogurt Lunch Components:
-Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek
-Choose one Protein:
Boiled Eggs, Colby Jack Cheese Cubes,
String Cheese or Cheddar Cheese Stick
-Choose Two Grains: Muffin, Crackers or Cereal
-REQUIRED Half Cup Equivalent of Fruit or Vegetable
-Choice of Milk

Reimbursable Meals must consist of three components (1/2 c equivalent of fruit or vegetable AND two more of the following components: meat/meat alternate, grain, milk) to qualify for a Complete Meal Pricing (per government reimbursable meal regulation.) Without all three components, students will be charged a higher Ala Carte Pricing and the meal will not qualify for Free/Reduced prices.

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Grades 6-12, check out our Gremlin Café Menu

WG = Whole Grain
*Contains Pork
V= Vegetarian

Payments:
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All menus are subject to change based on product availability.

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Houghton Portage Township Schools

2023 Weeks: 10/2, 11/13, 12/25
2024 Weeks: 2/5, 3/18, 4/29

Week 5 Cycle Menu
Grades K-12

5

Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Beef and Cheese Lasagna Ricotta Cheese, Italian Meat Sauce, Tomatoes, and Veggies Served with WG Garlic Bread ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	V-WG French Toast Sticks Served with side of Sausage, egg patty and Syrup Cup ***** All American Beef Hamburger on WG Bun with or without cheese (Cheese-V or Pepperoni*) from the Fruit and Vegetable bar ***** V-Yogurt Lunch *****	Chicken Sandwich WG Breaded Chicken Patty on WG Hamburger Bun ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	Beef Sloppy Joe on WG Hamburger Bun ***** WG Macaroni and Cheese with 3 WG Chicken Tenders ***** V-Yogurt Lunch *****	Sub Sandwich made with deli meat and American cheese slices on a WG Sub Bun ***** WG Tangerine Chicken Stir-Fry with Stir-Fry Vegetables and Brown Rice ***** V-Yogurt Lunch *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
 *****	 *****	 *****	 *****	 *****
Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** Tossed Salad with Grape Tomatoes Applesauce ***** Power Packed Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** French Fries Fruit Cocktail in Light Syrup ***** Vitamin Rich Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** Baked Beans Cooks Choice Seasonal Fresh Fruit ***** Mighty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Crunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away ***** Crunchy Carrots Peaches in Light Syrup ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Cauliflower and Broccoli Buds Sidekicks Slushy Fruit Juice Cup ***** Power Up Milk

Notes for Parents and Students:



Breakfast Times:

K-5th 7:45-8:15
6th-12th 7:45-8:10
Lunch Times:
Y5 10:55-11:15
K 10:55-11:15
1st 11:25-11:45
2nd 11:30 - 11:50
3rd 12:00 - 12:20
4th 12:05 - 12:25
5th 12:35-12:55
6th 11:30-12:00
7th & 8th 11:04-11:36
9th-12th 12:03-12:33

Student Prices:

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Breakfast K-12 \$2.00
Lunch K-5 \$3.00 Lunch 6-12 \$3.25 ← 2nd meal prices
Extra milk or milk without a complete meal is \$0.50

Adult Prices:

Breakfast \$3.50
Lunch \$5.25
Entrée Only \$4.00
Salad Bar Only \$4.00

Yogurt Lunch Components:

- Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek
- Choose one Protein:
Boiled Eggs, Colby Jack Cheese Cubes, String Cheese or Cheddar Cheese Stick
- Choose Two Grains: Muffin, Crackers or Cereal
- REQUIRED Half Cup Equivalent of Fruit or Vegetable
- Choice of Milk

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Grades 6-12, check out our Gremlin Café Menu

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Houghton Portage Township Schools

2023 Weeks: 10/9, 11/20
2024 Weeks: 1/3, 2/12, 3/25, 5/6

Week 6 Cycle Menu
Grades K-12

6

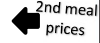
Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Beef & Bean Chili w/ WG Cinnamon Roll ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	Build Your Own Fiesta Nachos the fixins'- Beef & WG Tortilla Pieces Hot Cheese Sauce Top it off with some Vegetables from the Healthy Fruit and Vegetable Bar Sour Cream Pkg (Optional) ***** V-WG Cheese Quesadilla WG Tortilla Shell filled with Cheese Blend and Salsa Sour Cream Pkg (Optional) ***** V-Yogurt Lunch *****	WG Breaded Chicken Drumstick V-with Creamy Alfredo Sauce over Pasta ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	Gremlin Bowl Mashed Potato topped with WG Chicken Bites, Gravy, Corn and Cheese with WG garlic toast ***** WG Corn Dog with a Honey Crunchy Batter ***** V-Yogurt Lunch *****	V-WG Bosco Sticks Cheese Stuffed Breadsticks with Marinara Dipping Sauce ***** WG Tangerine Chicken Stir-Fry with Stir-Fry Vegetables and Brown Rice ***** V-Yogurt Lunch *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
 *****	 *****	 *****	 *****	 *****
Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** Steamed Baby Carrots Pears in Light Syrup ***** Power Packed Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** Seasoned Black Beans Applesauce ***** Vitamin Rich Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** Oven Baked Waffle Fries Cooks Choice Seasonal Fresh Fruit ***** Mighty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Crunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away ***** Mashed Potato Chicken Gravy Fruit cocktail in Light Syrup ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Broccoli Buds Grapes ***** Power Up Milk

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