



Houghton Breakfast In the Lunchroom for K-5 2018-2019

Served in the Lunchroom at the Elementary from 7:40 to 8:15

Prices Full Pay \$1.75 or Reduced \$.30 and Free with Qualifying Application

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Year 2018 Week of 9/3, 10/1, 10/29, 11/26 Year 2019 Week of 1/2, 1/28, 2/25, 4/1, 4/29, 5/27				
WG Jiffy Stick Pancake Wrap with a syrup cup	Whole Grain Banana Bread	Blue Sky Whole Grain	Rich's Whole Grain Donut Ring	Turkey Bacon and Egg Breakfast Pizza
Week 2 Year 2018 Week of 9/10, 10/8, 11/5, 12/3 Year 2019 Week of 1/7, 2/4, 3/4, 4/8, 5/6, 6/3				
Creamy Yogurt and a slice of WW Toast	Whole Grain Cherry Frudel	Whole Grain Confetti Pancakes	Blueberry Whole Grain Mini Pancakes	Super Bakery WG Mini Chocolate Donut
Week 3 Year 2018 Week of 9/17, 10/15, 11/12, 12/10 Year of 2019 Week 1/14, 2/11, 3/11, 4/15, 5/13				
Eggs Scrambled w/ Bacon Chez Honey Wheat Toast	Mini WG French Toast with Chocolate Chips	Whole Grain Cinni Mini's	WG Jiffy Stick Pancake Wrap with a syrup cup	Yogurt and Granola
Week 4 Year 2018 Week of 9/24, 10/22, 11/19, 12/17 Year 2019 Week of 2019 1/21, 2/18, 3/18, 4/22, 5/20				
Cinnamon French Toast Made with Whole Grain	WG Strawberry Poptart String Cheese Low Fat	WG Bagel w/ Cream Cheese	Whole Grain Apple Frugel	Fresh Fruit Smoothies w/ Wg Donut Holes

Other choices offered daily: Variety of reduced sugar whole grain cereal or hot oatmeal.

All meals include: Fresh fruit or canned fruit in light syrup, along with a choice of a 8oz carton of fat free skim milk or TruMoo Chocolate Fat Free Milk.

BREAKFAST DOES A BRAIN GOOD!!!!

USDA is an equal opportunity provider, employer, and lender.

Questions??? Contact Shelby Turnquist at sturnquist@houghton.k12.mi.us

Go to www.lunchapp.com to fill out an application for reduced or free meals, or pick up an application in any office.