

# Houghton Portage Township Schools

Week 1 Cycle Menu

Notes for Parents and Students:

USE THIS MENU ON THE WEEKS LISTED: Year 2019: Weeks of 9/3 10/14, 11/25

Year 2020: Weeks of 1/20, 3/2, 4/20, 7/1

Grades K-12

**Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Grilled Honey BBQ Beef Rib Patty</b> on WG Hamburger Bun</p> <p>*****</p> <p><b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p><b>V-Yogurt Lunch</b></p> <p><b>V-Peanut Butter and Jelly Sandwich</b> on Whole Grain Bread</p> <p>*****</p>	<p><b>Chicken Fajita</b> on a WG soft flour tortilla shredded cheddar cheese (optional) Sour Cream Pkg</p> <p>*****</p> <p><b>Beef Taco</b> on a soft flour tortilla shredded cheddar cheese (optional) Sour Cream Pkg</p> <p>*****</p> <p><b>V-Yogurt Lunch</b></p> <p><b>Chef Salad</b> Diced Turkey &amp; Turkey Ham Boiled Egg, Lettuce, various Veggies, Shredded Cheddar Cheese, Garlic Croutons &amp; Muffin</p> <p>*****</p>	<p><b>Tuna Macaroni Salad</b> Pasta tossed with Tuna in a creamy sauce with peas and onions</p> <p>*****</p> <p><b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p><b>V-Yogurt Lunch</b></p> <p><b>Fruit and Yogurt Parfait</b> Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin</p> <p>*****</p>	<p><b>Chicken Tenders and Waffles</b> Both Whole Grain</p> <p>*****</p> <p><b>Baked Turkey Ham</b> served with a Dinner Roll and Goldfish Crackers</p> <p>*****</p> <p><b>V-Yogurt Lunch</b></p> <p><b>Pizza Lunchable</b> Build your own pizza with Flat bread pieces, Marinara Sauce, Mozzarella Cheese and Pepperoni*</p> <p>*****</p>	<p><b>V-Vegetable Lasagna</b> Roasted Pepper, Squash, Onion, Layered with Cheese and Sauce served with Garlic Bread and a Mini Rice Krispies Treat</p> <p>*****</p> <p><b>Tangerine Chicken</b> Stir-Fry Vegetables and Brown Rice</p> <p>*****</p> <p><b>V-Yogurt Lunch</b></p> <p><b>Chicken Ranch Wrap</b> WG Chicken Tenders, Romaine on a WG soft flour tortilla Tomatoes Ranch Dressing Packet</p> <p>*****</p>
<p><b>Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!</b></p>				
<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple</p> <p>*****</p> <p>Scalloped Potatoes Peaches in Light Syrup</p> <p>*****</p> <p>Power Packed Milk</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple</p> <p>*****</p> <p>Refried Pinto Beans and Cheese Pears in Light Syrup</p> <p>*****</p> <p>Vitamin Rich Milk</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple</p> <p>*****</p> <p>Steamed Peas and Carrots Cooks Choice Seasonal Fresh Fruit</p> <p>*****</p> <p>Mighty Milk</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes 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 &amp; 1/8 cup of Chicken Gravy Cranberry Sauce</p> <p>*****</p> <p>Frosty Milk</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple</p> <p>*****</p> <p>Celery Sticks Sidekicks Slushy Fruit Juice Cup</p> <p>*****</p> <p>Power Up Milk</p>

WG = Whole Grain

\*Contains Pork

V= Vegetarian

All menus are subject to change based on product availability.

## Lunch Times:

K	11:00-11:20
1st	11:05 -11:25
2nd	11:30 - 11:55
3rd	11:40 - 12:00
4th	12:05 - 12:25
5th	12:10 - 12:30
6th	11:30 - 12:02
7th & 8th	11:04 - 11:34
9th -12th	12:03 - 12:30

## Yogurt Lunch Components:

- Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek
- Choose one Protein: Boiled Egg, Colby Jack Cheese Cubes, String Cheese, or Cheddar Cheese Stick
- Choose Two Grains: Muffin, Crackers, Cereal or Granola, etc.
- REQUIRED 1/2 Cup Equivalent: of Fruit or Vegetable
- Choice of Milk

### REMEMBER

**Lunch includes a choice of:**

- Entrée with grain/bread many vegetables & fruits variety of milk
- Students must select a 1/2 cup equivalent of fruit and/or vegetable to make a complete lunch.

## Breakfast Times:

K-12 7:40-8:15 Daily

### Complete Reimbursable Meal Prices:

#### Breakfast: \$1.75

K-12 \$1.75

Adults \$2.50

#### Lunch:

K-5 \$2.75

6-12 \$3.00

Adult Lunch \$5.00

Adult Entrée Only \$3.00

Adult Salad Bar Only \$3.00

### Grades 6-12

**check out our Gremlin Café Menu and Pricing**

### K-12 Reduced Meal Prices:

With Qualifying Application

Breakfast \$0.30

Lunch \$0.40

Extra Milk, or Milk without a complete meal \$0.50

**Every Complete Meal we serve comes with your choice**

**of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk**

**Submit your Free & Reduced-price meal application online! Simply go to: [www.lunchapp.com](http://www.lunchapp.com) for a faster and more accurate process, or pick up a paper one in any office.**

**Make payments on your child's lunch account at [www.sendmoneytoschool.com](http://www.sendmoneytoschool.com) or send cash/check in with student's name and account number.**

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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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# Houghton Portage Township Schools

Week 2 Cycle Menu

USE THIS MENU ON THE WEEKS LISTED: Year 2019: Weeks of 9/9, 10/21, 12/2  
Year 2020: Weeks of 1/27, 3/9, 4/27, 7/8

Grades K-12

## Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Baked Mostaccioli</b> Beef Italian Meatballs and Spaghetti Sauce Served over Pasta Optional condiment: Parmesan Cheese Pkg</p> <p>*****</p> <p><b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p><b>V-Yogurt Lunch</b> *****</p> <p><b>V-Egg Salad Sandwich</b> on WG Honey Wheat Bread</p> <p>*****</p>	<p><b>Build Your Own Fiesta Nachos</b> the fixins'- Beef &amp; Tortilla Pieces Hot Cheese Sauce Top it off with some Vegetables from the Garden Harvest Bar Sour Cream Pkg (Optional)</p> <p>*****</p> <p><b>Chicken Sandwich</b> WG BREADED Chicken Patty on a WG Hamburger Bun</p> <p>*****</p> <p><b>V-Yogurt Lunch</b> *****</p> <p><b>WG Popcorn Chicken Salad</b> Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes WG Goldfish Crackers</p> <p>*****</p>	<p><b>V-Macaroni and Cheese</b> with a *Hot Doga *Hot Dog on WG Bun</p> <p>*****</p> <p><b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p><b>V-Yogurt Lunch</b> *****</p> <p><b>Fruit and Yogurt Parfait</b> Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin</p> <p>*****</p>	<p><b>BBQ Chicken Sandwich</b> Boneless Chicken Breast Baked in BBQ Sauce on a WG Bun</p> <p>*****</p> <p><b>Popcorn Chicken</b> with Buttermilk Biscuit</p> <p>*****</p> <p><b>V-Yogurt Lunch</b> *****</p> <p><b>Super Sack Lunch!</b> Turkey Based Ham &amp; Cheese Sub Carrots Apple and a secret surprise</p> <p>*****</p>	<p><b>V-WG French Toast Sticks</b> Served with Egg Patty and Syrup Cup</p> <p>*****</p> <p><b>Pepperoni Pizza Calzone</b> Italian Beef Pepperoni Wrapped in a WG Crust</p> <p>*****</p> <p><b>V-Yogurt Lunch</b> *****</p> <p><b>V-Grilled Cheese Sandwich</b> on WG Honey Wheat Bread</p> <p>*****</p>
<b>Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!</b>				
<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes 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 &amp; Spinach Tossed Salad Grape Tomatoes 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 *****</p> <p>Vitamin Rich Milk *****</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes 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 &amp; Spinach Tossed Salad Grape Tomatoes 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>Fresh Baked Potato Tasty Strawberry Cup *****</p> <p>Frosty Milk *****</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple *****</p> <p>Crispy Oven Baked Potato Cubes Sidekicks Slushy Fruit Juice Cup *****</p> <p>Power Up Milk *****</p>

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### Notes for Parents and Students:

<p><b>Lunch Times:</b> K 11:00-11:20 1st 11:05 -11:25 2nd 11:30 - 11:55 3rd 11:40 - 12:00 4th 12:05 - 12:25 5th 12:10 - 12:30 6th 11:32 - 12:02 7th &amp; 8th 11:04 - 11:34 9th -12th 12:03 - 12:33</p>	<p><b>Breakfast Times:</b> K-12 7:40-8:15 Daily/Breakfast Times: K-12 7:40-8:15 Daily</p>
<p><b>Yogurt Lunch Components:</b> -Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek  -Choose one Protein: Boiled Egg, Colby Jack Cheese Cubes, String Cheese, or Cheddar Cheese Stick  -Choose Two Grains: Muffin, Crackers, Cereal or Granola, etc.</p>	<p><b>Complete Reimbursable Meal Prices:</b>  Breakfast: \$1.75 &lt;-12 \$1.75 Adults \$2.50</p>
<p><b>REQUIRED 1/2 Cup Equivalent:</b>  of Fruit or Vegetable - Choice of Milk  <b>REMEMBER</b> <b>Lunch includes a choice of:</b> Entree with grain/bread many vegetables &amp; fruits variety of milk  <b>Students must select a 1/2 cup equivalent of fruit and/or vegetable to make a complete lunch.</b></p>	<p><b>Lunch:</b> &lt;-5 \$2.75 5-12 \$3.00  Adult Lunch \$5.00 Adult Entree Only \$3.00 Adult Salad Bar Only \$3.00  <b>Grades 6-12</b> <i>check out our</i> <b>Gremlin Café Menu</b> <i>and Pricing</i></p>
<p><b>K-12 Reduced Meal Prices:</b> With Qualifying Application Breakfast \$0.30 Lunch \$0.40 Extra Milk, or Milk without a complete meal \$0.50</p>	<p><b>Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk</b></p>

# Houghton Portage Township Schools

Week 3 Cycle Menu

USE THIS MENU ON THE WEEKS LISTED: Year 2019: Weeks of 9/16, 10/28, 12/9  
Year 2020: Weeks of 2/3, 3/16, 5/4

Grades K-12

## Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Homemade Beef &amp; Bean Chili</b> w/ WG Tortilla Chips *****	<b>Spaghetti with Homemade Beef Sauce</b> over WG Caratappi Pasta Optional condiment: Parmesan Cheese *****	<b>Hamme Sammie</b> Hot Ham and Cheese Sandwich Turkey Based Ham American Cheese on WG Hamburger Bun *****	<b>WG Chicken Nuggets</b> with WG Honey Dinner Roll *****	<b>WG Corn Dog</b> Low fat Chicken Frank with a Honey Crunchy Batter *****
<b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*) *****	<b>V-Bosco Sticks</b> Cheese Stuffed Breadsticks w/Marinara Dipping Sauce *****	<b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*) *****	<b>*BBQ Pulled Pork Sandwich</b> Southern Style BBQ on WG Sub Bun *****	<b>Tangerine Chicken</b> Stir-Fry Vegetables and Brown Rice *****
<b>V-Yogurt Lunch</b> *****	<b>V-Yogurt Lunch</b> *****	<b>V-Yogurt Lunch</b> *****	<b>V-Yogurt Lunch</b> *****	<b>V-Yogurt Lunch</b> *****
<b>V-Peanut Butter and Jelly Sandwich</b> on Whole Grain Bread *****	<b>Garden Salad</b> Various Veggies over a bed of Lettuce, Sprinkled with Cheddar Cheese, served with a Cheese Stick, Muffin and Garlic Croutons *****	<b>Fruit and Yogurt Parfait</b> Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin *****	<b>Pizza Lunchable</b> Build your own pizza with Flat bread pieces, Marinara Sauce, Mozarella Cheese and Pepperoni* *****	<b>Chicken Ranch Wrap</b> WG Chicken Tenders, Romaine on a WG soft flour tortilla Sliced Tomatoes Ranch Dressing Packet *****
<b>Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!</b>				
Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** Green Beans Peaches in Light Syrup ***** Power Packed Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** Crunchy Broccoli Buds Pears in Light Syrup ***** Vitamin Rich Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** Mashed Sweet Potatoes Cooks Choice Seasonal Fresh Fruit ***** Mighty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away ***** Mashed Potato & 1/8 cup of Chicken Gravy Applesauce ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Bush's White Vegetarian Baked Beans Mixed Berries ***** Power Up Milk

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### Notes for Parents and Students:

<b>Lunch Times:</b> K 11:00-11:20 1st 11:05 -11:25 2nd 11:30 - 11:55 3rd 11:40 - 12:00 4th 12:05 - 12:25 5th 12:10 - 12:30 6th 11:32 - 12:02 7th & 8th 11:04 - 11:34 9th - 12th 12:03 - 12:33	<b>Breakfast Times:</b> K-12 7:40-8:15 Daily/Breakfast Times: K-12 7:40-8:15 Daily
<b>Yogurt Lunch Components:</b> Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek Choose one Protein: Boiled Egg, Colby Jack Cheese Cubes, String Cheese, or Cheddar Cheese Stick Choose Two Grains: Muffin, Crackers, Cereal or Granola, etc.	<b>Complete Reimbursable Meal Prices:</b> Breakfast: \$1.75 <12 \$1.75 Adults \$2.50
-REQUIRED 1/2 Cup Equivalent: of Fruit or Vegetable - Choice of Milk	<b>Lunch:</b> <5 \$2.75 5-12 \$3.00
<b>REMEMBER</b> Lunch includes a choice of: Entrée with grain/bread many vegetables & fruits variety of milk Students must select a 1/2 cup equivalent of fruit and/or vegetable to make a complete lunch.	Adult Lunch \$5.00 Adult Entrée Only \$3.00 Adult Salad Bar Only \$3.00 Grades 6-12 check out our Gremlin Café Menu and Pricing
K-12 Reduced Meal Prices: With Qualifying Application Breakfast \$0.30 Lunch \$0.40	Extra Milk, or Milk without a complete meal \$0.50
<b>Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk</b>	

# Houghton Portage Township Schools

Week 4 Cycle Menu

USE THIS MENU ON THE WEEKS LISTED: Year 2019: Weeks of 9/23, 11/4, 12/16  
Year 2020: Weeks of 2/10, 3/30, 5/11

Grades K-12

## Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>V-WG Cheese Ravioli in Meatless Spaghetti Sauce with Garlic Bread</p> <p>*****</p> <p><b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p> <p>V-Peanut Butter and Jelly Sandwich on Whole Grain Bread</p> <p>*****</p>	<p>*****</p> <p><b>Homemade Beef and Bean Taco Salad</b> Served with Tortilla Pieces</p> <p>Optional condiment: Sour Cream Pkg</p> <p>*****</p> <p><b>V-WG Cheese Quesadilla</b> WG Tortilla Shell with Mozzarella Cheese Sour Cream Pkg (Optional)</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p> <p><b>WG Popcorn Chicken Salad</b> Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes WG Goldfish Crackers</p> <p>*****</p>	<p>*****</p> <p><b>Baked Potato</b> with Diced Turkey Ham Melted Cheese Sauce 2 slices WG Bread</p> <p>*****</p> <p><b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p> <p><b>Fruit and Yogurt Parfait</b> Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin</p> <p>*****</p>	<p>*****</p> <p><b>BBQ Baked Chicken Drumstick</b> V-with Creamy Alfredo Sauce V-over Cavatappi Pasta</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p> <p><b>Morningstar Farms Spicy Black Bean Veggie Burger</b> on WG Bun</p> <p>*****</p>	<p>*****</p> <p><b>Deli Sub Sandwich &amp; Cook's Choice Soup</b> Turkey Based: Salmi, Bologna and Ham with American Cheese</p> <p>*****</p> <p><b>Chef Salad &amp; Cook's Choice Soup</b> Diced Turkey &amp; Turkey Ham Boiled Egg, Lettuce, various veggies, Shredded Cheddar Cheese and Garlic Croutons</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p> <p>V-Grilled Cheese Sandwich on WG Honey Wheat Bread with Cook's Choice Soup</p> <p>*****</p>
<b>Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!</b>				
<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple</p> <p>*****</p> <p>Celery Sticks Fruit Cocktail in Light Syrup</p> <p>Power Packed Milk</p> <p>WG = Whole Grain</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes 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>Vitamin Rich Milk</p> <p>*Contains Pork</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes 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>Mighty Milk</p> <p>V = Vegetarian</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Baby Carrots Cunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day Keeps the Dr. Away</p> <p>*****</p> <p>Steamed Corn Pears in Light Syrup</p> <p>Frosty Milk</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple</p> <p>*****</p> <p>Carrot Sticks Sidekicks Slusly Fruit Juice Cup</p> <p>Power Up Milk</p>

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### Notes for Parents and Students:

<b>Lunch Times:</b>	K 11:00-11:20 1st 11:05 -11:25 2nd 11:30 - 11:55 3rd 11:40 - 12:00 4th 12:05 - 12:25 5th 12:10 - 12:30 6th 11:32 - 12:02 7th & 8th 11:04 - 11:34 9th -12th 12:03 - 12:33	<b>Breakfast Times:</b> K-12 7:40-8:15 Daily
<b>Yogurt Lunch Components:</b>	Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek	<b>Complete Reimbursable Meal Prices:</b> <b>Breakfast: \$1.75</b> K-12 \$1.75 Adults \$2.50
<b>Yogurt Lunch Components:</b>	Choose one Protein: Boiled Egg, Colby Jack Cheese Cubes, String Cheese, or Cheddar Cheese Stick	<b>Lunch:</b> K-5 \$2.75 6-12 \$3.00
<b>Yogurt Lunch Components:</b>	Choose Two Grains: Muffin, Crackers, Cereal or Granola, etc.	Adult Lunch \$5.00 Adult Entrée Only \$3.00 Adult Salad Bar Only \$3.00
<b>Yogurt Lunch Components:</b>	Choose Fruit or Vegetable - Choice of Milk	<b>Grades 6-12</b> check out our <b>Gremlin Café Menu and Pricing</b>
<b>REMEMBER</b> <b>Lunch includes a choice of:</b> Entrée with grain/bread many vegetables & fruits variety of milk	<b>K-12 Reduced Meal Prices:</b> With Qualifying Application Breakfast \$0.30 Lunch \$0.40	<b>Extra Milk, or Milk without a complete meal \$0.50</b>
<b>Students must select a 1/2 cup equivalent of fruit and/or vegetable to make a complete lunch.</b>		<b>Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk</b>

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# Houghton Portage Township Schools

Week 5 Cycle Menu

USE THIS MENU ON THE WEEKS LISTED: Year 2019: Weeks of 9/30, 11/11  
Year 2020: Weeks of 2/17, 4/6, 5/18

Grades K-12

**Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Pasty</b> Beef, Potato, and Onion in a golden flaky crust <b>served with string cheese? (1m)</b> *****</p>	<p><b>V-WG French Toast Sticks</b> Served with Egg Patty and Syrup Cup *****</p>	<p><b>Beef and Cheese Lasagna</b> Ricotta Cheese, Italian Meat Sauce, Tomatoes, and Veggies Served with Garlic Bread *****</p>	<p><b>Beef Sloppy Joe</b> on WG Hamburger Bun *****</p>	<p><b>V-Cheesy French Bread Pizza</b> Half-Loaf Shaped Pizza with Mozzarella Cheese *****</p>
<p><b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*) *****</p>	<p><b>All American Beef Hamburger</b> on WG Bun top with Lettuce, Tomatoes, etc from the Fruit and Vegetable bar *****</p>	<p><b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*) *****</p>	<p><b>Macaroni and Cheese</b> with 3 WG Chicken Tenders *****</p>	<p><b>Tangerine Chicken</b> Stir-Fry Vegetables and Brown Rice *****</p>
<p><b>V-Yogurt Lunch</b> *****</p>	<p><b>V-Yogurt Lunch</b> *****</p>	<p><b>V-Yogurt Lunch</b> *****</p>	<p><b>V-Yogurt Lunch</b> *****</p>	<p><b>V-Yogurt Lunch</b> *****</p>
<p><b>V-Egg Salad Sandwich</b> on WG Honey Wheat Bread *****</p>	<p><b>Garden Salad</b> Various Veggies over a bed of Lettuce, Sprinkled with Cheddar Cheese, served with a Cheese Stick, Muffin and Garlic Croutons *****</p>	<p><b>Fruit and Yogurt Parfait</b> Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin *****</p>	<p><b>Pizza Lunchable</b> Build your own pizza with Flat bread pieces, Marinara Sauce, Mozzarella Cheese and Pepperoni* *****</p>	<p><b>Chicken Ranch Wrap</b> WG Chicken Tenders, Romaine on a WG soft flour tortilla Sliced Tomatoes Ranch Dressing Packet *****</p>
<b>Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!</b>				
<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** Vegetarian Baked Beans Aplepsauce ***** Power Packed Milk</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** Oven Baked Fried Potato Fruit Cocktail in Light Syrup ***** Vitamin Rich Milk</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** Homemade Coleslaw Cooks Choice Seasonal Fresh Fruit ***** Mighty Milk</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes 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 1/8 cup of Chicken Gravy Peaches in Light Syrup ***** Frosty Milk</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Cauliflower Buds Sidekicks Slusly Fruit Juice Cup ***** Power Up Milk</p>

WG = Whole Grain \*Contains Pork V= Vegetarian All menus are subject to chan

## Notes for Parents and Students:

<p><b>Lunch Times:</b> Lunch Times: K 11:00-11:20 1st 11:05 -11:25 2nd 11:30 - 11:55 3rd 11:40 - 12:00 4th 12:05 - 12:25 5th 12:10 - 12:30 6th 11:32 - 12:02 7th &amp; 8th 11:04 - 11:34 9th -12th 12:03 - 12:33</p>	<p><b>Breakfast Times:</b> K-12 7:40-8:15 Daily/Breakfast Times: K-12 7:40-8:15 Daily</p>
<p><b>Yogurt Lunch Components:</b> Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek  Choose one Protein: Boiled Egg, Colby Jack Cheese Cubes, String Cheese, or Cheddar Cheese Stick  Choose Two Grains: Muffin, Crackers, Cereal or Granola, etc.</p>	<p><b>Complete Reimbursable Meal Prices:</b> Breakfast: \$1.75 K-12 \$1.75 Adults \$2.50</p>
<p><b>REQUIRED 1/2 Cup Equivalent:</b> of Fruit or Vegetable  - Choice of Milk  <b>REMEMBER</b> Lunch includes a choice of: Entree with grain/bread many vegetables &amp; fruits variety of milk Students must select a 1/2 cup equivalent of fruit and/or vegetable to make a complete lunch.</p>	<p>Adult Lunch \$5.00 Adult Entrée Only \$3.00 Adult Salad Bar Only \$3.00  Grades 6-12 check out our Grenlin Café Menu and Pricing  K-12 Reduced Meal Prices: With Qualifying Application Breakfast \$0.30 Lunch \$0.40  Extra Milk, or Milk without a complete meal \$0.50</p>
<p><b>Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk</b></p>	

**Submit your Free & Reduced-price meal application online! Simply go to: [www.lunchapp.com](http://www.lunchapp.com) for a faster and more accurate process, or pick up a paper one in any office.**

**Make payments on your child's lunch account at [www.sendmoneytoschool.com](http://www.sendmoneytoschool.com) or send cash/check in with student's name and account number.**

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

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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# Houghton Portage Township Schools

Week 6 Cycle Menu

USE THIS MENU ON THE WEEKS LISTED: Year 2019: Weeks of 10/7, 11/18  
Year 2020 Weeks of: 1/13, 2/24, 4/13, 5/25

Grades K-12

**Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Chicken Sandwich</b> WG Breaded Chicken Patty on WG Hamburger Bun</p> <p>*****</p> <p><b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p><b>V-Yogurt Lunch</b> *****</p> <p><b>V-Peanut Butter and Jelly Sandwich</b> on Whole Grain Bread</p> <p>*****</p>	<p><b>Build Your Own Fiesta Nachos</b> the fixins'- Beef &amp; Tortilla Pieces Hot Cheese Sauce Top it off with some Vegetables from the Garden Harvest Bar</p> <p>Sour Cream Pkg (Optional)</p> <p>*****</p> <p><b>V-WG Cheese Quesadilla</b> WG Tortilla Shell filled with Cheese Blend and Salsa Sour Cream Pkg (Optional)</p> <p>*****</p> <p><b>V-Yogurt Lunch</b> *****</p> <p><b>WG Popcorn Chicken Salad</b> Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes WG Goldfish Crackers</p> <p>*****</p>	<p><b>Turkey and Cheese Sub</b> Turkey and American Cheese on a Whole Grain Sub Bun (optional) Lt Mayo Pkg</p> <p>*****</p> <p><b>Pizza</b> on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p><b>V-Yogurt Lunch</b> *****</p> <p><b>Fruit and Yogurt Parfait</b> Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin</p> <p>*****</p>	<p>(Maybe 2 for ms/hs, check calories)</p> <p><b>*Stromboli</b> Ham, Pepperoni, Salami and Mozzarella Cheese in a WG Golden Crust</p> <p>*****</p> <p><b>WG Chicken Nuggets</b> Ele Only: w/ WG Dinner Roll MS/HS Only: w/ Onion Rings</p> <p>*****</p> <p><b>V-Yogurt Lunch</b> *****</p> <p><b>Turkey Cheese Lunchable</b> Crackers with Turkey and American Cheese Slices Served with Hummus and Carrot Sticks</p> <p>*****</p>	<p><b>V-WG Bosco Sticks</b> Cheese Stuffed Breadsticks w/Marinara Dipping Sauce</p> <p>*****</p> <p><b>Tangerine Chicken</b> Stir-Fry Vegetables and Brown Rice</p> <p>*****</p> <p><b>V-Yogurt Lunch</b> *****</p> <p><b>V-Grilled Cheese Sandwich</b> on WG Honey Wheat Bread</p> <p>*****</p>
<b>Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!</b>				
<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple *****</p> <p>Steamed Baby Carrots Pears in Light Syrup *****</p> <p>Power Packed Milk *****</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple *****</p> <p>Roasted Garbanzo Beans Applesauce *****</p> <p>Vitamin Rich Milk *****</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple *****</p> <p>Oven Baked Waffle Fries Cooks Choice Seasonal Fresh Fruit *****</p> <p>Mighty Milk *****</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes 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 1/8 cup of Chicken Gravy Fruit cocktail in Light Syrup *****</p> <p>Frosty Milk *****</p>	<p>Romaine &amp; Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple *****</p> <p>Broccoli Buds Mixed Berries *****</p> <p>Power Up Milk *****</p>

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