



Breakfast for Houghton Middle /High School

Cycle Menu for 2018-2019

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

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

Monday

Tuesday

Wednesday

Thursday

Friday

Grades 6-12

Revised 7/29/15

WG Breakfast Sandwich with Egg, Sausage and Cheese or WG Assorted Cereal Bowl or Assorted Oatmeal or Fresh Fruit Smoothie and Choice of 1 Whole Grain* with Cereal, Oatmeal or Smoothie Fresh Apple or Orange 1/2 cup Fruit - Cooks Choice Skim or Fat Free Chocolate Milk	Vanilla Yogurt Strawberry or Blueberries on a WG Funnel Cake or WG Assorted Cereal Bowl or Assorted Oatmeal or Fresh Fruit Smoothie and Choice of 1 Whole Grain* with Cereal, Oatmeal or Smoothie Fresh Apple or Orange 1/2 cup Fruit - Cooks Choice Skim or Fat Free Chocolate Milk	Philly Steak Cheese Panini or WG Assorted Cereal Bowl or Assorted Oatmeal or Fresh Fruit Smoothie and Choice of 1 Whole Grain* with Cereal, Oatmeal or Smoothie Fresh Apple or Orange 1/2 cup Fruit - Cooks Choice Skim or Fat Free Chocolate Milk	WG Waffle with Strawberries and Whip Topping or WG Assorted Cereal Bowl or Assorted Oatmeal or Fresh Fruit Smoothie and Choice of 1 Whole Grain* with Cereal, Oatmeal or Smoothie Fresh Apple or Orange 1/2 cup Fruit - Cooks Choice Skim or Fat Free Chocolate Milk	Scrambled Eggs Shredded Cheese Onions and Green Peppers in a Ultra Grain Shell or WG Assorted Cereal Bowl or Assorted Oatmeal or Fresh Fruit Smoothie and Choice of 1 Whole Grain* with Cereal, Oatmeal or Smoothie Fresh Apple or Orange 1/2 cup Fruit - Cooks Choice Skim or Fat Free Chocolate Milk
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* Whole Grain choices include Bagels, Poptart, Cherry Frugel, Donuts or Muffins.

START THE DAY OFF RIGHT WITH BREAKFAST!!!!!!

“USDA is an equal opportunity provider and employer”

Please send any questions or comments to sturnquist@houghton.k12.mi.us

BREAKFAST TIMES 7:30 - 8:10 AM in the Lunchroom