

# Houghton Portage Township Schools

USE THIS MENU ON THE WEEKS LISTED: Year 2018: Weeks of 9/4, 10/15, 11/26  
Year 2019: Weeks of 1/14, 2/25, 4/15, 5/27

Week 1 Cycle Menu

Grades K-12

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

Monday	Tuesday	Wednesday	Thursday	Friday
***** Grilled Honey BBQ Rib Patty on on WG Hamburger Bun ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** Vegetarian Grilled Cheese Sandwich on Whole Grain Bread *****	***** Chicken Fajita ***** Taco Seasoned Beef ***** both on a Ultra Grain Flour Shell & Shredded Cheddar Cheese (Optional Condiment) Sour Cream ***** ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** WG Popcorn Chicken Salad Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes <b>Middle and HS only                      add Goldfish Crackers</b>	***** Sliced Turkey and American Cheese on Whole Grain Sub Bun (optional) Lt Mayo Pkg ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** Fruit and Yogurt Parfait Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin *****	***** Chicken and Waffles Both Whole Grain ***** Sliced Baked Turkey Ham Gold Fish Crackers <b>M/ HS with WG Garlic Bread</b> ***** ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** V-Albie's Soy Butter and Jelly Sandwich on Whole Grain Bread *****	All American Beef Hamburger on Whole Grain Bun ***** Whole Grain Chicken Corn Dog ***** <b>Middle and HS Only                      will be given a Cooks choice of                      one of the menued items above                      or the featured item below</b> Tangerine Chicken Stir-Fry Vegetables & Brown Rice ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** <b>Chicken Ranch Wrap</b> WG Chicken Tenders, Romaine 2 Ultra Flour Shells 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 ***** ***** Mashed Sweet Potato Chilled Applesauce ***** 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 ***** ***** Refried Pinto Beans and Cheese Diced Pears in Lt 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 ***** ***** Celery Sticks Fruit Cocktail in Lt Syrup ***** Mighty Milk	Romaine & 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 Fresh Apple Slices ***** 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 4oz Frozen Juice Sidekicks ***** Power Up Milk

WG = Whole Grain

\*Contains Pork

V= Vegetarian

\*Menus are subject to change due to availability or product.

Special Notes for Parents and Students:

**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 & 8th	11:04 - 11:34
9th -12th	12:03 - 12:33

**Breakfast Times:**

K-12 7:40-8:15 Daily

**Meal Prices:**

**K-12 Paid Meal Prices:**

**Breakfast: \$1.75**

K-12 \$1.75

Adults \$2.50

**Lunch:**

K-5 \$2.50

6-12 \$2.75

Adults Lunches \$5.00

\$3.00 for just an

entrée or salad bar

**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

Milk Only \$0.50

**Every complete meal we serve comes with your Choice of a 8 oz Carton of Fat Free Skim Milk or TruMoo Chocolate Fat Free Milk**

Milk

**V-Yogurt Lunch**

Trix, Dannon, Go Big Yogurt or Greek Yogurt Cup

Pull Apart Cheese Stick

WG Muffin & WG Crackers  
\*\*\*\*\*

**Grab & Go Lunch Box**

WG Cereal & Whole Grain

Cook's Choice Protein

Carrot Sticks

Fresh Fruit and Milk

**All Breading, Rolls, Buns**

**and Pasta are**

**Whole Wheat or Grain**

**REMEMBER**

**Lunch includes a**

**choice of:**

Entrée with grain/bread

many vegetable s & fruits

variety of milk

Students must select a fruit

and/or vegetable

to make a

complete lunch.

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

**USDA is an equal opportunity provider and employer.**

**If you have any questions contact [sturnquist@hpts.us](mailto:sturnquist@hpts.us)**

# Houghton Portage Township Schools

USE THIS MENU ON THE WEEKS LISTED: Year 2018: Weeks of 9/10, 10/22, 12/3  
Year 2019: Weeks of 1/21, 3/4, 4/22, 6/3

Week 2 Cycle Menu

Grades K-12

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

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Mostaccioli with Beef Italian Meatballs and Spaghetti Sauce (Optional Condiment) Parmesan Cheese Pkg Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) V-Yogurt Lunch Grab & Go Lunch Box Vegetarian Egg Salad Sandwich on Whole Grain Bread	<u>Build Your Own Fiesta Nachos</u> the fixins'- Beef & Tortilla Pieces Hot Cheese Sauce Top it off with some Vegetables from the Garden Harvest Bar (Optional Condiments) Sour Cream Pkg WG Chicken Patty on a WG Hamburger Bun V-Yogurt Lunch Grab & Go Lunch Box WG Popcorn Chicken Salad Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes Middle and HS only add Goldfish Crackers	Vegetarian Creamy Macaroni and Cheese Middle and High School add WG Shrimp Poppers Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) V-Yogurt Lunch Grab & Go Lunch Box Fruit and Yogurt Parfait Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin	BBQ Boneless Chicken Breast on WG Bun Whole Grain Popcorn Chicken and Mini Rice Krispy Treat V-Yogurt Lunch Grab & Go Lunch Box V-Albie's Soy Butter and Jelly Sandwich on Whole Grain Bread	V-Whole Grain French Toast Sticks with Egg Patty and Syrup Cup Teriyaki Chicken Bowl w/ Brown Rice Chicken Bowl with Brown Rice and Stir-Fry Vegetables V-Yogurt Lunch Grab & Go Lunch Box Chicken Ranch Wrap WG Chicken Tenders, Romaine 2 Ultra Flour Shells 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 Prince Charles Blend Applesauce 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 Seasoned Black Beans 1 Golden Delicious Apple 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 Crispy Baby Carrots Diced Pears in Lt Syrup Mighty Milk	Romaine & 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 Fresh Baked Potato (1/2 Each) Margarine Cup Tasty Strawberry Cup Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple Crispy Oven Baked Potato Cubes Sliced Peaches in Lt Syrup Power Up Milk

WG = Whole Grain

\*Contains Pork

V= Vegetarian

\*Menus are subject to change due to availability or product.

## Special Notes for Parents and Students:

### 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 & 8th	11:04 - 11:34
9th -12th	12:03 - 12:33

### Breakfast Times:

K-12 7:40-8:15 Daily

### Meal Prices:

**K-12 Paid Meal Prices:**

**Breakfast: \$1.75**

K-12 \$1.75

Adults \$2.50

### Lunch:

K-5 \$2.50

6-12 \$2.75

Adults Lunches \$5.00

\$3.00 for just an

entrée or salad bar

### V-Yogurt Lunch

Trix, Dannon, Go Big Yogurt or Greek Yogurt Cup Pull Apart Cheese Stick WG Muffin & WG Crackers

### Grab & Go Lunch Box

WG Cereal & Whole Grain Cook's Choice Protein Carrot Sticks Fresh Fruit and Milk

### All Breading, Rolls, Buns and Pasta are Whole Wheat or Grain

### REMEMBER

Lunch includes a choice of:

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

### K-12 Reduced Meal Prices:

With Qualifying Application

Breakfast \$0.30

Lunch \$0.40

Milk Only \$0.50

Every complete meal we serve comes with your Choice of a 8 oz Carton of Fat Free Skim Milk or TruMoo Chocolate Fat Free 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.**

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

**USDA is an equal opportunity provider and employer.**

**If you have any questions contact [sturnquist@hpts.us](mailto:sturnquist@hpts.us)**

# Houghton Portage Township Schools

USE THIS MENU ON THE WEEKS LISTED: Year 2018: Weeks of 9/17, 10/29, 12/10

Year 2019: Weeks of 1/28, 3/11, 4/29

Week 3 Cycle Menu

Grades K-12

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

Monday	Tuesday	Wednesday	Thursday	Friday
***** Homemade Beef & Bean Chile w/ Whole Grain Tortilla Chips <b>Middle and HS Only</b> WG Bread Bowl ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** Vegetarian Grilled Cheese Sandwich on Whole Grain Bread *****	***** Homemade Beet Spaghetti Sauce over Whole Grain Penne Pasta (Optional Condiment) Parmesan Cheese Pkg ***** Chicken Taco Filling in a Ultra Grain Soft Flour Shell with Shredded Cheddar Cheese ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** WG Popcorn Chicken Salad Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes <b>Middle and HS only add Goldfish Crackers</b>	***** Vegetarian Grilled Cheese Sandwich on Whole Grain Bread ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** Fruit and Yogurt Parfait Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin *****	***** BBQ Baked Chicken Drumstick WG Roll & Goldfish Crackers (Optional Condiment) Margarine ***** Whole Grain Popcorn Chicken with WG Goldfish Crackers ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** V-Albie's Soy Butter and Jelly Sandwich on Whole Grain Bread *****	***** V-WG Bosco Cheesy Stuffed Breadsticks w/Marinara Dipping Sauce ***** Beef Teriyaki Dippers & Brown Rice <b>Middle and HS Only will be given a Cooks choice of one of the menued items above or the featured item below</b> ***** Tangarine Chicken Stir-Fry Vegetables & Brown Rice ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** <b>Chicken Ranch Wrap</b> WG Chicken Tenders, Romaine 2 Ultra Flour Shells 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 ***** ***** Sweet Corn Kernels Sliced Peaches in Lt 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 Apple Sauce Cup ***** 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 ***** ***** Steamed Peas and Carrots Sliced Pears in Lt Syrup ***** Mighty Milk	Romaine & 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 Cantaloupe ***** 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

WG = Whole Grain

\*Contains Pork

V= Vegetarian

\*Menus are subject to change due to availability or product.

## Special Notes for Parents and Students:

### 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 & 8th	11:04 - 11:34
9th -12th	12:03 - 12:33

### Breakfast Times:

K-12 7:40-8:15 Daily

### Meal Prices:

**K-12 Paid Meal Prices:**

**Breakfast: \$1.75**

K-12 \$1.75

Adults \$2.50

### Lunch:

K-5 \$2.50

6-12 \$2.75

Adults Lunches \$5.00

\$3.00 for just an

entrée or salad bar

**Grades 6-12**

**check out our**

**Gremlin Café Menu**

**and Pricing**

### All Breading, Rolls, Buns and Pasta are

**Whole Wheat or Grain**

**REMEMBER**

**Lunch includes a**

**choice of:**

Entrée with grain/bread

many vegetable s & fruits

variety of milk

Students must select a fruit

and/or vegetable

to make a

complete lunch.

### K-12 Reduced Meal Prices:

With Qualifying Applicaion

Breakfast \$0.30

Lunch \$0.40

Milk Only \$0.50

**Every complete meal we serve**

**comes with your Choice of a 8**

**oz Carton of Fat Free Skim Milk**

**or TruMoo Chocolate Fat Free**

**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.**

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

**USDA is an equal opportunity provider and employer.**

**If you have any questions contact [sturnquist@hpts.us](mailto:sturnquist@hpts.us)**

# Houghton Portage Township Schools

USE THIS MENU ON THE WEEKS LISTED: Year 2018: Weeks of 9/24, 11/5, 12/17  
Year 2019: Weeks of 2/4, 3/18, 5/6

Week 4 Cycle Menu

Grades K-12

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

Monday	Tuesday	Wednesday	Thursday	Friday
V-WG Cheese Ravioli in Meatless Spaghetti Sauce with Whole Grain Garlic Bread ***** *****	Homemade Beef and Bean Taco Salad w/Melted Cheese Served with Tortilla Pieces (Optional Condiment) Sour Cream Pkg ***** *****	Iriyaki Chicken Bowl with Steamed Seasoned Brown Rice ***** *****	Whole Grain Popcorn Chicken WG Honey Roll ***** Turkey Pot Pie over WG Biscuit with Whole Grain Cookie ***** *****	Italian Beef Pepperoni Calzone Beef Pepperoni ***** WG Cheese Quesadilla <b>Middle and HS Only</b> <b>will be given a Cooks choice of</b> <b>one of the menued items above</b> <b>or one of the featured items below</b> Minh Orange Chicken Stir Fry or Thai Lemon Grass Chicken Stir-Fry Vegetables & Brown Rice ***** *****
Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** *****	BBQ Pulled Pork on Whole Grain Sub Bun ***** *****	Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** *****	Whole Grain Cookie ***** *****	Minh Orange Chicken Stir Fry or Thai Lemon Grass Chicken Stir-Fry Vegetables & Brown Rice ***** *****
V-Yogurt Lunch ***** *****	V-Yogurt Lunch ***** *****	V-Yogurt Lunch ***** *****	V-Yogurt Lunch ***** *****	V-Yogurt Lunch ***** *****
Grab & Go Lunch Box ***** *****	Grab & Go Lunch Box ***** *****	Grab & Go Lunch Box ***** *****	Grab & Go Lunch Box ***** *****	Grab & Go Lunch Box ***** *****
Vegetarian Grilled Cheese Sandwich on Whole Grain Bread ***** *****	WG Popcorn Chicken Salad Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes <b>Middle and HS only</b> <b>add Goldfish Crackers</b>	Fruit and Yogurt Parfait Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin ***** *****	V-Albie's Soy Butter and Jelly Sandwich on Whole Grain Bread ***** *****	<b>Chicken Ranch Wrap</b> WG Chicken Tenders, Romaine 2 Ultra Flour Shells 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 ***** *****	Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** *****	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** *****	Romaine & 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 ***** *****	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** *****
Steamed Green Beans Sliced Peaches in Lt Syrup ***** *****	Seasoned Black Beans Applesauce ***** *****	Steamed Broccoli and Cheese Sliced Pears in Lt Syrup ***** *****	Mashed Potato 1/8 cup of Chicken Gravy Whole Cranberry Sauce ***** *****	Oven Baked Curly Fries Frozen Fresh Fruit Cup ***** *****
Power Packed Milk	Vitamin Rich Milk	Mighty Milk	Frosty Milk	Power Up Milk

WG = Whole Grain

\*Contains Pork

V= Vegetarian

\*Menus are subject to change due to availability or product.

## Special Notes for Parents and Students:

### 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 & 8th	11:04 - 11:34
9th -12th	12:03 - 12:33

### Breakfast Times:

K-12 7:40-8:15 Daily

### Meal Prices:

**K-12 Paid Meal Prices:**

**Breakfast: \$1.75**

K-12 \$1.75

Adults \$2.50

### Lunch:

K-5 \$2.50

6-12 \$2.75

Adults Lunches \$5.00

\$3.00 for just an

entrée or salad bar

**Grades 6-12**

**check out our**

**Gremlin Café Menu**

**and Pricing**

### All Breading, Rolls, Buns

and Pasta are

**Whole Wheat or Grain**

**REMEMBER**

**Lunch includes a**

**choice of:**

Entrée with grain/bread

many vegetable s & fruits

variety of milk

Students must select a fruit

and/or vegetable

to make a

complete lunch.

### K-12 Reduced Meal Prices:

With Qualifying Applicaion

Breakfast \$0.30

Lunch \$0.40

Milk Only \$0.50

**Every complete meal we serve**

**comes with your Choice of a 8**

**oz Carton of Fat Free Skim Milk**

**or TruMoo Chocolate Fat Free**

**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.

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

**USDA is an equal opportunity provider and employer.**

**If you have any questions contact [sturnquist@hpts.us](mailto:sturnquist@hpts.us)**



# Houghton Portage Township Schools

USE THIS MENU ON THE WEEKS LISTED: Year 2018: Weeks of 10/1, 11/12  
Year 2019: Weeks of 1/2, 2/11, 4/1, 5/13

Week 5 Cycle Menu

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>*****</p> <p>Hot Diggity Hot Dog on WG Bun (optional condiments) Ketchup, Relish and Mustard Pkg *****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** *****</p> <p>V-Yogurt Lunch *****</p> <p>Grab &amp; Go Lunch Box *****</p> <p>Vegetarian Grilled Cheese Sandwich on Whole Grain Bread *****</p>	<p>*****</p> <p>Whole Grain Popcorn Chicken with WG Funnel Cake *****</p> <p>*****</p> <p>Vegetarian Whole Grain Cheese French Bread ***** *****</p> <p>V-Yogurt Lunch *****</p> <p>Grab &amp; Go Lunch Box *****</p> <p>WG Popcorn Chicken Salad Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes <b>Middle and HS only add Goldfish Crackers</b></p>	<p>*****</p> <p>Diced Turkey Ham Melted Cheese Sauce Fresh Baked Potato 2 slices WG Bread *****</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** *****</p> <p>V-Yogurt Lunch *****</p> <p>Grab &amp; Go Lunch Box *****</p> <p>Fruit and Yogurt Parfait Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin *****</p>	<p>*****</p> <p>Meatloaf with Cheese and Ketchup Glaze Corn Bread Loaf *****</p> <p>*****</p> <p>Whole Grain Chicken Tenders with Whole Grain Garlic Bread ***** *****</p> <p>V-Yogurt Lunch *****</p> <p>Grab &amp; Go Lunch Box *****</p> <p>V-Albie's Soy Butter and Jelly Sandwich on Whole Grain Bread *****</p>	<p>V-WG French Toast Sticks French Toast Sticks Cheese Omelet &amp; Syrup Cup *****</p> <p>V-WG Pollack Fish Patty on WG Bun <b>Middle and HS Only will be given a Cooks choice of one of the menued items above or the featured item below</b></p> <p>Tangarine Chicken Stir-Fry Vegetables &amp; Brown Rice *****</p> <p>V-Yogurt Lunch *****</p> <p>Grab &amp; Go Lunch Box *****</p> <p><b>Chicken Ranch Wrap</b> WG Chicken Tenders, Romaine 2 Ultra Flour Shells 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 *****</p> <p>*****</p> <p>Vegetarian Baked Beans 1 Golden Delicious Apple *****</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>Homemade Coleslaw Steamed Green Beans Diced Pears in Lt Syrup *****</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>Cauliflower Buds Apple Sauce Cup *****</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 1/8 cup of Chicken Gravy Sliced Peaches in Lt 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>Oven Baked Fried Potato Cook's Fresh Fruit Choice *****</p> <p>Power Up Milk</p>

WG = Whole Grain

\*Contains Pork

V= Vegetarian

\*Menus are subject to change due to availability or product.

## Special Notes for Parents and Students:

### 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 & 8th	11:04 - 11:34
9th -12th	12:03 - 12:33

### Breakfast Times:

K-12 7:40-8:15 Daily

### Meal Prices:

#### K-12 Paid Meal Prices:

Breakfast: \$1.75

K-12 \$1.75

Adults \$2.50

#### Lunch:

K-5 \$2.50

6-12 \$2.75

Adults Lunches \$5.00

\$3.00 for just an

entrée or salad bar

**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

Milk Only \$0.50

**Every complete meal we serve comes with your Choice of a 8 oz Carton of Fat Free Skim Milk or TruMoo Chocolate Fat Free Milk**

Milk

### V-Yogurt Lunch

Trix, Dannon, Go Big Yogurt or Greek Yogurt Cup  
Pull Apart Cheese Stick  
WG Muffin & WG Crackers  
\*\*\*\*\*

### Grab & Go Lunch Box

WG Cereal & Whole Grain  
Cook's Choice Protein  
Carrot Sticks  
Fresh Fruit and Milk

### All Breading, Rolls, Buns and Pasta are

**Whole Wheat or Grain**

**REMEMBER**

**Lunch includes a choice of:**

Entrée with grain/bread many vegetable s & fruits

variety of milk

Students must select a fruit and/or vegetable to make a complete lunch.

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

**USDA is an equal opportunity provider and employer.**

**If you have any questions contact [sturnquist@hpts.us](mailto:sturnquist@hpts.us)**

# Houghton Portage Township Schools

USE THIS MENU ON THE WEEKS LISTED: Year 2018: Weeks of 10/8, 11/19  
Year 2019 Weeks of: 1/7, 2/18, 4/8, 5/20

Week 6 Cycle Menu

Grades K-12

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

Monday	Tuesday	Wednesday	Thursday	Friday
***** WG Breaded Chicken Patty on Whole Grain Hamburger Bun ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** Vegetarian Grilled Cheese Sandwich on Whole Grain Bread *****	***** V-Whole Grain Cheese Quesadilla ***** I aco Seasoned Beet served with with Nacho Cheese and Tortilla Pieces ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** WG Popcorn Chicken Salad Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes <b>Middle and HS only                      add Goldfish Crackers</b>	***** Beet Sloppy Joe on Whole Grain Hamburger Bun ***** ***** ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** Fruit and Yogurt Parfait Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin *****	***** ***** Stromboli Ham, Pepperoni, Salami and Mozzarella Cheese in a WG Golden Crust ***** ***** WG Popcorn Chicken Ele: WW Dinner Roll M/HS Only WG Onion Rings ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** V-Albie's Soy Butter and Jelly Sandwich on Whole Grain Bread *****	V-WG Bosco Cheesy Stuffed Breadsticks with Marinara ***** Crispy Whole Grain Chicken Fingers w/ WG Roll <b>Middle and HS Only                      will be given a Cooks choice of                      one of the menued items above                      or the featured item below</b> ***** Tangarine Chicken Stir-Fry Vegetables & Brown Rice ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** <b>Chicken Ranch Wrap</b> WG Chicken Tenders, Romaine 2 Ultra Flour Shells 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 Tomaotes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** ***** Steamed Baby Carrots Chilled Applesauce ***** Power Packed Milk	Romaine & Spinach Tossed Salad Grape Tomaotes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** ***** Texas Caviar Sliced Peaches in Lt Syrup ***** Vitamin Rich Milk	Romaine & Spinach Tossed Salad Grape Tomaotes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** ***** Oven Baked Waffle Fries Petite Banana ***** Mighty Milk	Romaine & Spinach Tossed Salad Grape Tomaotes 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 Diced Pears in Lt Syrup ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomaotes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** ***** Baked Sweet Potato (1/2 each) Margarine Cup Sidekicks Juice Cup ***** Power Up Milk

WG = Whole Grain

\*Contains Pork

V= Vegetarian

\*Menus are subject to change due to availability or product.

## Special Notes for Parents and Students:

### 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 & 8th	11:04 - 11:34
9th -12th	12:03 - 12:33

### Breakfast Times:

K-12 7:40-8:15 Daily

### Meal Prices:

**K-12 Paid Meal Prices:**

**Breakfast: \$1.75**

K-12 \$1.75

Adults \$2.50

### Lunch:

K-5 \$2.50

6-12 \$2.75

Adults Lunches \$5.00

\$3.00 for just an

entrée or salad bar

**Grades 6-12**

**check out our**

**Gremlin Café Menu**

**and Pricing**

### K-12 Reduced Meal Prices:

With Qualifying Applicaion

Breakfast \$0.30

Lunch \$0.40

Milk Only \$0.50

**Every complete meal we serve comes with your Choice of a 8 oz Carton of Fat Free Skim Milk or TruMoo Chocolate Fat Free Milk**

Milk

### V-Yogurt Lunch

Trix, Dannon, Go Big Yogurt

or Greek Yogurt Cup

Pull Apart Cheese Stick

WG Muffin & WG Crackers

\*\*\*\*\*

### Grab & Go Lunch Box

WG Cereal & Whole Grain

Cook's Choice Protein

Carrot Sticks

Fresh Fruit and Milk

### All Breeding, Rolls, Buns

and Pasta are

**Whole Wheat or Grain**

**REMEMBER**

**Lunch includes a**

**choice of:**

Entrée with grain/bread

many vegetable s & fruits

variety of milk

Students must select a fruit

and/or vegetable

to make a

complete lunch.

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

**USDA is an equal opportunity provider and employer.**

**If you have any questions contact [sturnquist@hpts.us](mailto:sturnquist@hpts.us)**