

# OCTOBER | 2020

## Houghton Portage Township Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

***Back by popular Demand***

The U.S. Department of Agriculture (USDA) has extended the Summer Food Service Program (SFSP) through as late as December 31, 2020, **dependent on available funding**. The extension allows schools to offer free breakfast and lunch meals to all children K-12 this fall to minimize the challenges of meal service during a pandemic. It is important that you complete free and reduced lunch forms at this time. Virtual Meal pick up is Monday from 4:00 to 5:15 email [sturnquist@hpts.us](mailto:sturnquist@hpts.us) with students names and your phone number to sign up

**1** Grilled Chicken Breast on Whole Grain Bun or Turkey and Cheese Lunch Kit or Yogurt Lunch  
Baked Beans  
Sliced Peaches/Fresh Apple  
Choice of Milk

**2** WG Corn Dog or Teriyaki Chicken Stir Fry with Veggies and Brown Rice Or Fruit and Yogurt Parfait With Hard Boiled Egg, WG Heart Pretzels and Crackers Snap Peas, Peaches/Apple and Milk

**5** Pepperoni or Cheese Domino's Pizza or WG Breaded Chicken Patty on WG Bun or Yogurt Lunch  
Roasted Red Pepper Hummus  
Cups w/ Baby Carrots and Cucumbers Slices  
Diced Pears/Apple Choice of Milk

**6** WG French Toast Sticks w/Syrup Cup, Egg Patty and Sausage Link or BBQ Rib Patty /WG Bun or Yogurt Lunch  
Potato Smiles  
Strawberry Cup/Fresh Orange  
Choice of Milk

**7** Pepperoni or Cheese Domino's Pizza or Sloppy Joes on WG Bun or Yogurt Lunch  
Pears/Fresh Apple  
Broccoli Buds  
Choice of Milk

**8** WG Chicken Tenders or Beef Pot Roast w/WG Crackers or Yogurt Lunch  
Mashed Potatoes and Gravy  
Wheat Dinner Roll  
Buttered Corn Kernels  
Strawberry Cup/Fresh Orange  
Choice of Milk

**9** No School In-Service Day

**12** Pepperoni or Cheese Domino's Pizza or Grilled Chicken Breast on WG Bun or Yogurt Lunch  
Baby Carrots  
Fruit Mix/Fresh Orange  
Choice of Milk

**13** Chicken Fajita or Beef Taco Both on WG Soft Flour Shells or Yogurt Lunch  
Shredded Cheddar Cheese  
Lettuce and Diced Tomato  
Sliced Pears/Fresh Apple  
Choice of Milk

**14** Pepperoni or Cheese Domino's Pizza or Cheese Quesadilla or Yogurt Lunch  
Fruit Mix/Fresh Orange  
Steamed Mixed vegetables  
Choice of Milk

**15** Cheeseburger on WG Bun or Cheesy French Bread Pizza or Yogurt Lunch  
Curley Fries  
Refried Beans with Shredded Cheese  
Diced Pear/Fresh Apple  
Choice of Milk

**16** Bosco Cheese Sticks w/Marinara Sauce or WG Mac and Cheese with Scooby Doo Crackers or Yogurt Lunch  
Green Beans  
Fresh Grapes/Orange  
Choice of Milk

**19** Domino's Pizza Assorted Pizza or **SUPER SACK LUNCH**  
Ham and Cheese Sandwich  
Scooby Doo Snack Surprise Treat or Yogurt Lunch  
Carrot Sticks and Fresh Apple  
Choice of Milk

**20** Taco Salad or Pasty with 2 String Cheese, WG Roll and WG Cracker or Yogurt Lunch  
Whole Kernel Corn  
Diced Pears/Fresh Orange  
Choice of Milk

**21** Pepperoni or Cheese Domino's Pizza or Breaded Chicken Drumstick w/ WG Soft Pretzel or Yogurt Lunch  
Celery Sticks  
Strawberry Cups/Fresh Apple  
Choice of Milk

**22** Hotdog or WG Breaded Chicken Patty Both on WG Buns or Yogurt Lunch  
Macaroni and Cheese  
Baked Beans  
Sliced Peaches/Fresh Apple  
Choice of Milk

**23** WG Grilled Cheese Sandwich or Pizza Calzone or Yogurt Lunch  
Chicken Noodle Soup  
Fresh Broccoli Buds  
Mandarin Oranges/Fresh Orange  
Choice of Milk

**26** Pepperoni or Cheese Domino's Pizza or Ham and Cheese Stuffed Potato w/ 4 WG Pretzel Nuggets or Yogurt Lunch  
Sugar Snap Peas/Red Peppers  
Apple Sauce Cup/Fresh Apple  
Choice of Milk

**27** Beef Spaghetti over WG Penne Pasta or Bosco Cheese Stick w/Marinara Sauce or Yogurt Lunch  
Tossed Salad w/Tomatoes  
Sliced Pears/Fresh Orange  
Choice of Milk

**28** Domino's Assorted Pizza or Tuna WG Macaroni Salad or Yogurt Lunch  
Roasted Red Pepper Hummus  
Cups w/ Baby Carrots and Cucumbers Slices  
Diced Peaches/Fresh Apple  
Choice of Milk

**29** WG Chicken Tenders or Baked Turkey Ham or Yogurt Lunch  
a Bosco Apple-Stuffed Breadstick  
Mashed Potato w/Gravy  
Strawberry Cup/Fresh Orange  
Choice of Milk

**30** Cheese Pizza Kit or Tangerine Chicken Stir Fry with Veggies and Brown Rice or Yogurt Lunch  
Carrot Sticks  
Applesauce/Fresh Apple  
Choice of Milk

***Lunch Choice #3  
Yogurt Lunch  
2 Proteins, 2 Whole  
Grains, Fruits and  
Vegetables and  
Choice of Milk***

***News  
Available with  
every meal  
Skim or 1% Chocolate  
Milk  
Chilled Water  
\*\*\****

***Condiments offered as  
needed  
\*\*\****

***Items with \* may  
contain Pork  
\*\*\****

***LT = Light  
WW = Whole Wheat  
WG = Whole Grain***

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

***Menu subject to change  
due to availability of  
product.***