



Breakfast in the Lunchroom

Cycle Menu for 2022-2023 K-12 Houghton

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCT

Option 1: Menued items and Option 2: Cereal and oatmeal breakfast meal offered are offered to all students.

Option 3: This is for the 6- 12th grade students only. They can build breakfast from the items offered on our rolling breakfast cart.

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 : Year 2022 Week of 9/5 ,9/19, 10/3, 10/17, 10/31, 11/14, 11/28, 12/12 Year of 2023 Week of 1/9, 1/23, 2/6, 2/20, 3/6, 3/20, 4/10, 4/24, 5/8, 5/22, 6/5				
Pancake Wraps Turkey Sausage Wrapped with a WG Maple Pancake 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Whole Grain Yummy Pancakes 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Egg Frittata w/Ham & Cheese or Scrambled Eggs w/Bacon & Cheese Whole Wheat Toast 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Whole Grain Donut Holes and Fresh Fruit Smoothie 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Sky Blue Whole Grain Cinnamon Roll 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 : Year 2021 Week of 9/12, 9/26, 10/10, 10/24, 11/7, 11/21, 12/5, 12/19 Year 2022 Week of 1/2, 1/16, 1/30, 2/13, 2/27, 3/13, 3/27, 4/17, 5/1, 5/15, 5/29				
Whole Grain Golden Waffles w/ Sausage 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Slice of Whole Grain Banana Bread 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Scrambled Eggs w/ Whole Grain Whole Wheat Toast 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Whole Grain French Toast or French Toast Sticks 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate	Whole Grain Mini Chocolate Donuts 2-1/2 Cups Assorted Fruit Jilbert Skim Milk or TruMoo 1% Chocolate

First Breakfast meals are \$2.00 full price or
\$.30 reduced or \$0 for free with qualifying application

Please go to houghtonportage.familyportal.cloud to fill out an application for school lunch meals or pick up an application in any office.

Second meals will be charged as an Ala Carte item for \$2.00

Students must have a positive balance on their meal account to purchase any Ala Carte items.

This institution is an equal opportunity provider.

Questions??? Contact Shelby Turnquist at sturnquist@hpts.us



Breakfast in the Classroom

Cycle Menu for 2022-2023 K-5

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCT

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 : Year 2022 Week of 9/5 ,9/19, 10/3, 10/17, 10/31, 11/14, 11/28, 12/12 Year of 2023 Week of 1/9, 1/23, 2/6, 2/20, 3/6, 3/20, 4/10, 4/24, 5/8, 5/22, 6/5				
Whole Grain Breakfast Cereal Kit with Fresh Juicy Red Apple Skim or TruMoo 1% Chocolate	Whole Grain Blueberry Bread Cinnamon Apple Sauce Cup 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Sky Blue Whole Grain Cinnamon Roll Strawberry Craisins 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Mini French Toast Whole Grain with Chocolate Chips Fresh Orange Wedges 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Whole Grain Confetti Pancakes Apple Sauce Cup 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 : Year 2021 Week of 9/12, 9/26, 10/10, 10/24, 11/7, 11/21, 12/5, 12/19 Year 2022 Week of 1/2, 1/16, 1/30, 2/13, 2/27, 3/13, 3/27, 4/17, 5/1, 5/15, 5/29				
Whole Grain Breakfast Cereal Kit with Box of Sunshine Raisins Skim or TruMoo 1% Chocolate	Cinnamon Whole Grain French Toast Sticks Straw-Banana Apple Sauce 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Whole Grain Banana Bread Fresh Orange Wedges 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Blueberry Whole Grain Mini Pancakes Cherry Craisins 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate	Super Bakery Whole Grain Mini Chocolate Donut Fresh Apple 4 oz-100% Juice Cup Skim or TruMoo 1% Chocolate

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Houghton Portage Township Schools

2022 Weeks: 9/6, 10/17, 11/28
2023 Weeks: 1/9, 2/20, 4/3, 5/15

Week 1 Cycle Menu
Grades K-12

1

Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
***** V-Vegetable Lasagna Roasted Pepper, Squash, Onion, Layered with Cheese and Sauce served with WG Garlic Bread and a WG Mini Rice Krispies Treat ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	***** Chicken Fajita on a WG soft flour tortilla shredded cheddar cheese (optional) Sour Cream Pkg ***** Beef Taco on a WG soft flour tortilla shredded cheddar cheese (optional) Sour Cream Pkg ***** V-Yogurt Lunch *****	***** Tuna Macaroni Salad Pasta tossed with Tuna in a creamy sauce with peas and onions ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	***** Chicken Tenders and Waffles Both Whole Grain ***** Grilled Honey BBQ Beef Rib Patty on WG bun ***** V-Yogurt Lunch *****	***** V-WG Bosco Sticks Cheese Stuffed Breadsticks with Marinara Dipping Sauce ***** WG Tangerine Chicken Stir-Fry with Stir-Fry Vegetables and Brown Rice ***** V-Yogurt Lunch *****
*****  *****	*****  *****	*****  *****	*****  *****	*****  *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** French Fries Peaches in Light Syrup ***** Power Packed Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** Refried Pinto Beans and Cheese Pears ***** Vitamin Rich Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** Steamed Peas and Carrots Cooks Choice Seasonal Fresh Fruit ***** Mighty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans 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 & Chicken Gravy Fruit Cocktail in light syrup ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Celery Sticks Sidekicks Slushy Fruit Juice Cup ***** Power Up Milk

Notes for Parents and Students:

Breakfast Times:

K-5th 7:45-8:15
6th-12th 7:45-8:10

Lunch Times:

Y5 10:55-11:15
K 10:55-11:15

1st 11:25-11:45
2nd 11:30 - 11:50
3rd 12:00 - 12:20
4th 12:05 - 12:25
5th 12:35-12:55
6th 11:30-12:00
7th & 8th 11:04-11:36
9th-12th 12:03-12:33

Student Prices

Breakfast K-12 \$2.00
Lunch K-5 \$3.00
Lunch 6-12 \$3.25

Extra milk or milk without a complete meal is \$0.50


Adult Prices

Breakfast \$3.50
Lunch \$5.25
Entrée Only \$4.00
Salad Bar Only \$4.00

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.

Yogurt Lunch Components:

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





Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk

Grades 6-12, check out our Gremlin Café Menu

WG = Whole Grain
*Contains Pork
V= Vegetarian

All menus are subject to change based on product availability.



Submit your Free & Reduced-price meal application online! Simply go to: houghtonportage.familyportal.cloud for a faster and more accurate process, or pick up a paper one in any office.

Payments:

Make payments on your child's lunch account at houghtonportage.familyportal.cloud or send cash/check in with student's name and account number.

Students must have a positive balance on their lunch account to purchase any Ala Carte items.

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

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Houghton Portage Township Schools

2022 Weeks: 9/12, 10/24, 12/5
2023 Weeks: 1/16, 2/27, 4/10, 5/22

Week 2 Cycle Menu
Grades K-12

2

Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
***** Beef Italian Meatballs and Spaghetti Sauce Served over Pasta Optional condiment: Parmesan Cheese Pkg ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	***** Build Your Own Fiesta Nachos the fixins*- Beef & WG Tortilla Pieces Hot Cheese Sauce Top it off with some Vegetables from the Healthy Fruit and Vegetable Bar Sour Cream Pkg (Optional) ***** Chicken Sandwich WG Breaded Chicken Patty on a WG Hamburger Bun ***** V-Yogurt Lunch *****	***** V- WG Macaroni and Cheese with a Hot Dog on WG Bun ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	***** BBQ Chicken Sandwich Boneless Chicken Breast Baked in BBQ Sauce on a WG Bun ***** WG Popcorn Chicken with WG Buttermilk Biscuit ***** V-Yogurt Lunch *****	***** V-WG French Toast Sticks Served with a side of Sausage, Egg Patty and Syrup Cup ***** Fruit and Yogurt Parfait Hard Boiled Egg Bag of WG Pretzel Twists Whole Grain Muffin ***** V-Yogurt Lunch *****

				
*****	*****	*****	*****	*****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans 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 or Roasted Garbanzo Beans Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** Seasoned Black Beans Fruit Cocktail in light syrup ***** Vitamin Rich Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** Crispy Baby Carrots Cooks Choice Seasonal Fresh Fruit ***** Mighty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans 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 & Chicken Gravy Strawberries ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Crispy Oven Baked Potato Cubes Pears ***** Power Up Milk

Notes for Parents and Students:

Breakfast Times:

K-5th 7:45-8:15
6th-12th 7:45-8:10

Lunch Times:

YS 10:55-11:15
K 10:55-11:15
1st 11:25-11:45
2nd 11:30 - 11:50
3rd 12:00 - 12:20
4th 12:05 - 12:25
5th 12:35-12:55
6th 11:30-12:00
7th & 8th 11:04-11:36
9th-12th 12:03-12:33

Student Prices

Breakfast K-12 \$2.00
Lunch K-5 \$3.00
Lunch 6-12 \$3.25

Extra milk or milk without a complete meal is \$0.50

Adult Prices

Breakfast \$3.50
Lunch \$5.25
Entrée Only \$4.00
Salad Bar Only \$4.00

Yogurt Lunch Components:

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

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

2022 Weeks: 9/19, 10/31, 12/12
2023 Weeks: 1/23, 3/6, 4/17, 5/29

Week 3 Cycle Menu
Grades K-12

3

Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar				
Monday	Tuesday	Wednesday	Thursday	Friday
***** Hot Dog on WG bun with WG Macaroni and Cheese ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	***** Spaghetti with Homemade Beef Sauce over Pasta Optional condiment: Parmesan Cheese ***** WG Corn Dog with a Honey Crunchy Batter ***** V-Yogurt Lunch *****	***** Hammie Sammie Hot Ham and Cheese Sandwich American Cheese on WG Hamburger Bun ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	***** WG Chicken Nuggets with WG Honey Dinner Roll ***** Baked Ham served with WG dinner roll and WG goldfish crackers ***** V-Yogurt Lunch *****	***** V-Grilled Cheese Sandwich on WG Honey Wheat Bread ***** Chef Salad diced turkey, turkey ham, boiled egg, lettuce veggie variety, shredded cheddar cheese, WG garlic croutons and WG Breadstick ***** V-Yogurt Lunch *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!!!				
*****  *****	*****  *****	*****  *****	*****  *****	*****  *****
Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** Baked Beans Peaches in Light Syrup ***** Power Packed Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** Crunchy Broccoli Buds Fruit Cocktail in light syrup ***** Vitamin Rich Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** French Fries Cooks Choice Seasonal Fresh Fruit ***** Mighty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans 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 or Roasted Garbanzo Beans Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Chicken Noodle Soup Carrot Sticks Applesauce ***** Power Up Milk

Notes for Parents and Students:

Breakfast Times:

K-5th 7:45-8:15
6th-12th 7:45-8:10

Lunch Times:

Y5 10:55-11:15
K 10:55-11:15
1st 11:25-11:45
2nd 11:30 - 11:50
3rd 12:00 - 12:20
4th 12:05 - 12:25
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9th-12th 12:03-12:33

Student Prices

Breakfast K-12 \$2.00
Lunch K-5 \$3.00
Lunch 6-12 \$3.25

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Adult Prices

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Lunch \$5.25
Entrée Only \$4.00
Salad Bar Only \$4.00

Yogurt Lunch Components:

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



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Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk

Grades 6-12, check out our Gremlin Café Menu

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Houghton Portage Township Schools

2022 Weeks: 9/26, 11/7, 12/19
2023 Weeks: 1/30, 3/13, 4/24, 5/5

Week 4 Cycle Menu
Grades K-12

4

Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
*****	*****	*****	*****	*****
V-WG Cheese Ravioli in Meatless Spaghetti Sauce with WG Garlic Bread	Homemade Beef and Bean Taco Salad Served with WG Tortilla Pieces Optional condiment: Sour Cream Pkg	Baked Potato with Diced Ham Melted Cheese Sauce 2 slices WG Bread	WG Breaded Chicken Drumstick V-with Creamy Alfredo Sauce over Pasta	V-WG Bosco Sticks Cheese Stuffed Breadsticks with Marinara Dipping Sauce
*****	*****	*****	*****	*****
Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)	V-WG Cheese Quesadilla WG Tortilla Shell with Mozzarella Cheese Sour Cream Pkg (Optional)	Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)	V-Egg Salad Sandwich on WG Honey Wheat Bread	WG Tangerine Chicken Stir-Fry with Stir-Fry Vegetables and Brown Rice
*****	*****	*****	*****	*****
V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch
*****	*****	*****	*****	*****
*****	*****	*****	*****	*****
				
*****	*****	*****	*****	*****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans 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 or Roasted Garbanzo Beans Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple
*****	*****	*****	*****	*****
Steamed Corn Fruit Cocktail in Light Syrup	Seasoned Black Beans Peaches in Light Syrup	Broccoli and Cheese Cooks Choice Seasonal Fresh Fruit	Baby Carrots Pears	Cucumber Slices Sidekicks Slushy Fruit Juice Cups
*****	*****	*****	*****	*****
Power Packed Milk	Vitamin Rich Milk	Mighty Milk	Frosty Milk	Power Up Milk

Notes for Parents and Students:

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6th-12th 7:45-8:10

Lunch Times:

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K 10:55-11:15
1st 11:25-11:45
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Houghton Portage Township Schools

2022 Weeks: 10/3, 11/14, 12/26
2023 Weeks: 2/6, 3/20, 5/1

Week 5 Cycle Menu
Grades K-12

5

Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*****</p> <p>Beef and Cheese Lasagna Ricotta Cheese, Italian Meat Sauce, Tomatoes, and Veggies Served with WG Garlic Bread</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>*****</p> <p>Sub Sandwich made with deli meat and American cheese slices on a WG Sub Bun</p> <p>*****</p> <p>All American Beef Hamburger on WG Bun with or without cheese top with Lettuce, Tomatoes, etc from the Fruit and Vegetable bar</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>*****</p> <p>Chicken Sandwich WG Breaded Chicken Patty on WG Hamburger Bun</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>*****</p> <p>Beef Sloppy Joe on WG Hamburger Bun</p> <p>*****</p> <p>WG Macaroni and Cheese with 3 WG Chicken Tenders</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>*****</p> <p>V-WG French Toast Sticks Served with side of Sausage, egg patty and Syrup Cup</p> <p>*****</p> <p>WG Tangerine Chicken Stir-Fry with Stir-Fry Vegetables and Brown Rice</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>
<p>*****</p> 	<p>*****</p> 	<p>*****</p> 	<p>*****</p> 	<p>*****</p> 
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple</p> <p>*****</p> <p>Tossed Salad with Grape Tomatoes Applesauce</p> <p>*****</p> <p>Power Packed Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple</p> <p>*****</p> <p>French Fries Fruit Cocktail in Light Syrup</p> <p>*****</p> <p>Vitamin Rich Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple</p> <p>*****</p> <p>Baked Beans Cooks Choice Seasonal Fresh Fruit</p> <p>*****</p> <p>Mighty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans</p> <p>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>Crunchy Carrots Peaches in Light Syrup</p> <p>*****</p> <p>Frosty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple</p> <p>*****</p> <p>Cauliflower and Broccoli Buds Sidekicks Slushy Fruit Juice Cup</p> <p>*****</p> <p>Power Up Milk</p>

Notes for Parents and Students:

Breakfast Times:

K-5th 7:45-8:15
6th-12th 7:45-8:10

Lunch Times:

Y5 10:55-11:15
K 10:55-11:15

1st 11:25-11:45
2nd 11:30 - 11:50
3rd 12:00 - 12:20
4th 12:05 - 12:25
5th 12:35-12:55
6th 11:30-12:00
7th & 8th 11:04-11:36
9th-12th 12:03-12:33

Student Prices

Breakfast K-12 \$2.00
Lunch K-5 \$3.00
Lunch 6-12 \$3.25

Extra milk or milk without a complete meal is \$0.50


Adult Prices

Breakfast \$3.50
Lunch \$5.25
Entrée Only \$4.00
Salad Bar Only \$4.00

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.

Yogurt Lunch Components:

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





Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk

Grades 6-12, check out our Gremlin Café Menu

WG = Whole Grain
*Contains Pork
V= Vegetarian

All menus are subject to change based on product availability.



Submit your Free & Reduced-price meal application online! Simply go to: houghtonportage.familyportal.cloud for a faster and more accurate process, or pick up a paper one in any office.

Payments:

Make payments on your child's lunch account at houghtonportage.familyportal.cloud or send cash/check in with student's name and account number.

Students must have a positive balance on their lunch account to purchase any Ala Carte items.

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

USDA is an equal opportunity provider.




Houghton Portage Township Schools

2022 Weeks: 10/10, 11/21
2023 Weeks: 1/2, 2/13, 3/27, 5/8

Week 6 Cycle Menu
Grades K-12

6

Today's Entrée Choices (Choose One) all of these meals come with the Healthy Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
***** Homemade Beef & Bean Chili w/ WG Cinnamon Roll ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	***** Build Your Own Fiesta Nachos the fixins'- Beef & WG Tortilla Pieces Hot Cheese Sauce Top it off with some Vegetables from the Healthy Fruit and Vegetable Bar Sour Cream Pkg (Optional) ***** V-WG Cheese Quesadilla WG Tortilla Shell filled with Cheese Blend and Salsa Sour Cream Pkg (Optional) ***** V-Yogurt Lunch *****	***** WG Breaded Chicken Drumstick V-with Creamy Alfredo Sauce over Pasta ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch *****	***** Gremlin Bowl Mashed Potato topped with WG Chicken Bites, Gravy, Corn and Cheese with WG garlic toast ***** WG Corn Dog with a Honey Crunchy Batter ***** V-Yogurt Lunch *****	***** V-WG Bosco Sticks Cheese Stuffed Breadsticks with Marinara Dipping Sauce ***** WG Tangerine Chicken Stir-Fry with Stir-Fry Vegetables and Brown Rice ***** V-Yogurt Lunch *****
*****  *****	*****  *****	*****  *****	*****  *****	*****  *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** Steamed Baby Carrots Pears in Light Syrup ***** Power Packed Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** Seasoned Black Beans Applesauce ***** Vitamin Rich Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** Oven Baked Waffle Fries Cooks Choice Seasonal Fresh Fruit ***** Mighty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans 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 Chicken Gravy Fruit cocktail in Light Syrup ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes or Roasted Garbanzo Beans Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Broccoli Buds Grapes ***** Power Up Milk

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