



Houghton Portage Township Schools

2021 Weeks: 9/6, 10/18, 11/29
2022 Weeks: 1/10, 2/21, 4/4, 5/16

Week 1 Cycle Menu

Grades K-12

Notes for Parents and Students:

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

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Honey BBO Beef Rib Patty on WG Hamburger Bun	Chicken Fajita on a WG soft flour tortilla shredded cheddar cheese (optional) Sour Cream Pkg	Tuna Macaroni Salad Pasta tossed with Tuna in a creamy sauce with peas and onions	Chicken Tenders and Waffles Both Whole Grain	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*)	Beef Taco on a WG soft flour tortilla shredded cheddar cheese (optional) Sour Cream Pkg	Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)	Baked Turkey Ham served with a WG Dinner Roll and Goldfish Crackers	Stir-Fry Entrée with Stir-Fry Vegetables and Brown Rice
V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch

Bringing a lunch from home?

Try our **FREE** home lunch bonus bag to go with your meal from home.

If your child prefers to bring their favorite lunch from home, they can still add our **NEW** home lunch bonus bag which includes choice of milk, fruit and vegetables (really hungry and a grain choose a grain and entree too) at no charge. Extra milk, or milk without a complete meal is \$0.50



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
French Fries Peaches in Light Syrup	Refried Pinto Beans and Cheese Pears	Steamed Peas and Carrots Cooks Choice Seasonal Fresh Fruit	Mashed Potato & 1/8 cup of Chicken Gravy Fruit Cocktail in light syrup	Celery Slicks Sidekicks Slushy Fruit Juice Cup
Power Packed Milk	Vitamin Rich Milk *Contains Pork	Mighty Milk	Frosty Milk	Power Up Milk

WG = Whole Grain

*Contains Pork

V= Vegetarian

All menus are subject to change based on product availability.

Breakfast Times:	
9th-12th	7:45-8:05

Lunch Times:			
K	11:00-11:20	5th	12:10-12:30
1st	11:05-11:25	6th	11:30-12:00
2nd	11:30-11:55	7th & 8th	11:04-11:34
3rd	11:40-12:00	9th-12th	12:03-12:33
4th	12:05-12:25		

Yogurt Lunch Components:

- Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek
- Choose one Protein: Baked Egg, Coby Jack Llesse
- 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



All menus are subject to change based on product availability.



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.

Grades 6-12, check out our Gremlin Café Menu **Free Breakfast and Lunch** to all children 18 years and younger.

Adult Prices

- Breakfast \$3.00
- Lunch \$5.00
- Entrée Only \$3.00
- Salad Bar Only \$3.00

Student Prices

First breakfast and lunch are free
Second breakfast K-12 \$2.00

Lunch K-5 \$3.00
Lunch 6-12 \$3.25
Students must have a positive balance on their lunch accounts to purchase any Ala Carte item.

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

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Houghton Portage Township Schools

Week 2 Cycle Menu

2021 Weeks: 9/13, 10/25, 12/6
2022 Weeks: 1/17, 2/28, 4/11, 5/23

Grades K-12

Notes for Parents and Students:



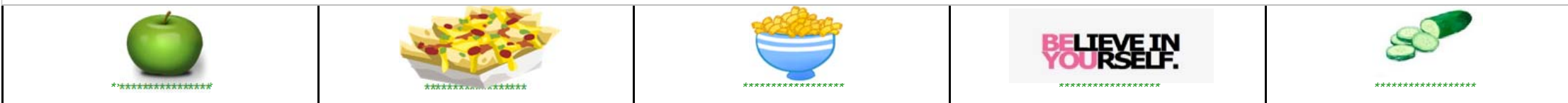
Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar

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

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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 Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple</p> <hr/> <p>Prince Charles Blend Applesauce</p> <hr/> <p>Power Packed Milk</p>	<p>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</p> <hr/> <p>Seasoned Black Beans Fruit Cocktail in light syrup</p> <hr/> <p>Vitamin Rich Milk</p>	<p>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</p> <hr/> <p>Crispy Baby Carrots Cooks Choice Seasonal Fresh Fruit</p> <hr/> <p>Mighty Milk</p>	<p>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</p> <hr/> <p>Fresh Baked Potato Strawberries</p> <hr/> <p>Frosty Milk</p>	<p>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</p> <hr/> <p>Crispy Oven Baked Potato Cubes Pears</p> <hr/> <p>Power Up Milk</p>
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Breakfast Times:

9th-12th	7:45-8:05
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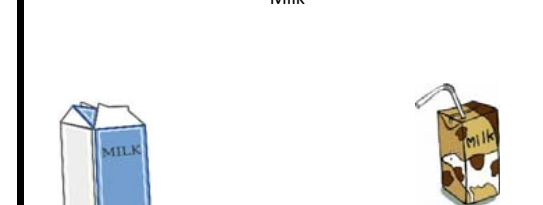
Lunch Times:

K	11:00-11:20	5th	12:10-12:30
1st	11:05-11:25	6th	11:30-12:00
2nd	11:30-11:55	7th & 8th	11:04-11:34
3rd	11:40-12:00	9th-12th	12:03-12:33
4th	12:05-12:25		

Yogurt Lunch Components:

- Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek
- Choose one Protein: Boiled Egg, Coldy 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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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.

Grades 6-12, check out our Gremlin Café Menu

Free Breakfast and Lunch

to all children 18 years and younger.

Adult Prices
Breakfast \$3.00
Lunch \$5.00
Entrée Only \$3.00
Salad Bar Only \$3.00

Student Prices
First breakfast and lunch are free
Second breakfast K-12 \$2.00

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

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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

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Houghton Portage Township Schools

Week 3 Cycle Menu

Notes for Parents and Students:

2021 Weeks: 9/20, 11/1, 12/13

2022

Weeks: 1/24, 3/7, 4/18, 5/30

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>Homemade Beef & Bean Chili w/ WG Tortilla Chips</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p>	<p>*****</p> <p>Spaghetti with Homemade Beef Sauce over WG Cavatappi Pasta Optional condiment: Parmesan Cheese</p> <p>*****</p> <p>V-Bosco Sticks Cheese Stuffed Breadsticks w/Marinara Dipping Sauce</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p>	<p>*****</p> <p>Hammie Sammie Hot Ham and Cheese Sandwich Turkey Based Ham American Cheese 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>*****</p> <p>WG Chicken Nuggets with WG Honey Dinner Roll</p> <p>*****</p> <p>*WG Breaded Pork Sandwich on WG Sub Bun</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p>	<p>*****</p> <p>WG Corn Dog Low fat Chicken Frank with a Honey Crunchy Batter</p> <p>*****</p> <p>Stir-Fry Entrée with Stir-Fry Vegetables and Brown Rice</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p>

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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 Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple</p> <p>*****</p> <p>Green Beans Peaches in Light Syrup</p> <p>*****</p> <p>Power Packed Milk</p>	<p>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</p> <p>*****</p> <p>Crunchy Broccoli Buds Fruit Cocktail in light syrup</p> <p>*****</p> <p>Vitamin Rich Milk</p>	<p>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</p> <p>*****</p> <p>Potato Wedges Cooks Choice Seasonal Fresh Fruit</p> <p>*****</p> <p>Mighty Milk</p>	<p>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</p> <p>*****</p> <p>Mashed Potato & 1/8 cup of Chicken Gravy Cantaloupe</p> <p>*****</p> <p>Frosty Milk</p>	<p>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</p> <p>*****</p> <p>Bush's White Vegetarian Baked Beans Sidekicks Slushy Fruit Juice Cups</p> <p>*****</p> <p>Power Up Milk</p>

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Breakfast Times:

9th-12th	7:45-8:05
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Lunch Times:

K	11:00-11:20	5th	12:10-12:30
1st	11:05-11:25	6th	11:30-12:00
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Yogurt Lunch Components:

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- Choose one Protein: Baked Egg, Cooky 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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many vegetables & fruits
variety of milk

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Lunch \$5.00
Entrée Only \$3.00
Salad Bar Only \$3.00

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Houghton Portage Township Schools

Week 4 Cycle Menu

2021 Weeks: 9/27, 11/8, 12/20
Week 2022: 1/31, 3/14, 4/25, 6/6

Grades K-12

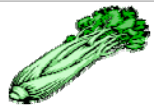




Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>V-WG Cheese Ravioli in Meatless Spaghetti Sauce with WG Garlic Bread</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni)</p> <p>V-Yogurt Lunch</p>	<p>Homemade Beef and Bean Taco Salad Served with WG Tortilla Pieces Optional condiment: Sour Cream Pkg</p> <p>V-WG Cheese Quesadilla WG Tortilla Shell with Mozzarella Cheese Sour Cream Pkg (Optional)</p> <p>V-Yogurt Lunch</p>	<p>Baked Potato with Diced Turkey Ham Melted Cheese Sauce 2 slices WG Bread</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>V-Yogurt Lunch</p>	<p>BBQ Baked Chicken Drumstick V-with Creamy Alfredo Sauce V-over WG Cavatappi Pasta</p> <p>V-WG Egg Salad Sandwich on WG Honey Wheat Bread</p> <p>V-Yogurt Lunch</p>	<p>V-Grilled Cheese Sandwich on WG Honey Wheat Bread</p> <p>Chef Salad-Diced Turkey & Turkey Ham Boiled Egg, Lettuce, various veggies, Shredded Cheddar Cheese and WG Garlic Croutons and WG Breadstick</p> <p>V-Yogurt Lunch</p>

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Notes for Parents and Students:

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9th-12th 7:45-8:05

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Houghton Portage Township Schools

Week 5 Cycle Menu

2021: 10/4, 11/15, 12/27

2022: 2/7, 3/21, 5/2

Week

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 Dog on WG 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>*****</p> <p>V-WG French Toast Sticks Served with side of Sausage, egg patty and Syrup Cup</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>*****</p> <p>Beef and Cheese Lasagna Ricotta Cheese, Italian Meat Sauce, Tomatoes, and Veggies Served with 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>*****</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>*****</p> <p>Sub Sandwich on WG Sub Bun</p> <p>*****</p> <p>Stir-Fry Entrée with Stir-Fry Vegetables and Brown Rice</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
				
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
<p>Romaine & Spinach Tossed Salad</p> <p>Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Baby Carrots</p> <p>Cucumber Slices</p> <p>Sweet Pepper Medley</p> <p>Fresh Broccoli Bites</p> <p>Fresh Orange Wedges</p> <p>Awesome Apple</p> <p>*****</p> <p>Vegetarian Baked Beans</p> <p>Applesauce</p> <p>*****</p> <p>Power Packed Milk</p>	<p>Romaine & Spinach Tossed Salad</p> <p>Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Baby Carrots</p> <p>Cucumber Coins</p> <p>Red Pepper or Mini Sweet Peppers</p> <p>Fresh Broccoli Bites</p> <p>Chilly Cool Oranges</p> <p>Crispy Apple</p> <p>*****</p> <p>Oven Baked Fried Potato</p> <p>Fruit Cocktail in Light Syrup</p> <p>*****</p> <p>Vitamin Rich Milk</p>	<p>Romaine & Spinach Tossed Salad</p> <p>Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Eye Opening Carrots</p> <p>Cool as a Cucumber</p> <p>Rainbow Peppers</p> <p>Fresh Broccoli Bites</p> <p>Orange Smiles</p> <p>Delicious Red Apple</p> <p>*****</p> <p>Homemade Coleslaw</p> <p>Cooks Choice Seasonal Fresh Fruit</p> <p>*****</p> <p>Mighty Milk</p>	<p>Romaine & Spinach Tossed Salad</p> <p>Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Baby Carrots</p> <p>Crunchy Cucumber</p> <p>Red Pepper or Mini Sweet Peppers</p> <p>Fresh Broccoli Bites</p> <p>Orange Wedges</p> <p>An Apple A Day keeps the Dr. Away</p> <p>*****</p> <p>Mashed Potato</p> <p>1/8 cup of Chicken Gravy</p> <p>Peaches in Light Syrup</p> <p>*****</p> <p>Frosty Milk</p>	<p>Romaine & Spinach Tossed Salad</p> <p>Grape Tomatoes or Roasted Garbanzo Beans</p> <p>Eye Opening Carrots</p> <p>Cucumber Spears</p> <p>Sweet Pepper Medley</p> <p>Fresh Broccoli Bites</p> <p>Sunshine Filled Orange</p> <p>Fresh Apple</p> <p>*****</p> <p>Cauliflower Buds</p> <p>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.

Notes for Parents and Students:

Breakfast Times:

9th-12th 7:45-8:05

Lunch Times:

K	11:00-11:20	5th	12:10-12:30
1st	11:05-11:25	6th	11:30-12:00
2nd	11:30-11:55	7th & 8th	11:04-11:34
3rd	11:40-12:00	9th-12th	12:03-12:33
4th	12:05-12:25		

Yogurt Lunch Components:

- Choose 1 Yogurt Cup: Irix, Dannon, Go Big, or Greek
- Choose one Protein: Baked Egg, Coby 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

Grades 6-12, check out our Gremlin Café Menu

Free Breakfast and Lunch to all children 18 years and younger.

Adult Prices

Breakfast \$3.00
Lunch \$5.00
Entrée Only \$3.00
Salad Bar Only \$3.00

Student Prices

First breakfast and lunch are free
Second breakfast K-12 \$2.00

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

Students must have a positive balance on their lunch accounts to purchase any Ala Carte item.



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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.

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 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 or send cash/check in with student's name and account number.

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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

2021 Weeks: 10/11, 11/22

2022 Weeks: 1/3, 2/14, 3/28, 5/9

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>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>Build Your Own Fiesta Nachos the fixins'- Beef & WG Tortilla Pieces Hot Cheese Sauce Top it off with some Vegetables from the Garden Harvest Bar Sour Cream Pkg (Optional)</p> <p>*****</p> <p>V-WG Cheese Quesadilla WG Tortilla Shell filled with Cheese Blend and Salsa Sour Cream Pkg (Optional)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>*****</p> <p>Sub Sandwich on a WG Sub Bun (optional) Lt Mayo Pkg</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>*****</p> <p>Gremlin Bowl Mashed Potato topped with WG Chicken Bites, Gravy, Corn and Cheese</p> <p>*****</p> <p>WG Corn Dog Low Fat Chicken Frank with a Honey Crunchy Batter</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>	<p>*****</p> <p>V-WG Bosco Sticks WG Cheese Stuffed Breadsticks w/Marinara Dipping Sauce</p> <p>*****</p> <p>Stir-Fry Entrée with Stir-Fry Vegetables and Brown Rice</p> <p>*****</p> <p>V-Yogurt Lunch *****</p>

Bringing a lunch from home?

Try our **FREE** home lunch bonus bag to go with your meal from home.

If your child prefers to bring their favorite lunch from home, they can still add our **NEW** home lunch bonus bag which includes choice of milk, fruit and vegetables (really hungry and a grain choose a grain and entree too) at no charge. Extra milk, or milk without a complete meal is \$0.50

				
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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 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 & 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 *****</p> <p>Roasted Garbanzo Beans Applesauce *****</p> <p>Vitamin Rich Milk *****</p>	<p>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 *****</p> <p>Oven Baked Waffle Fries Cooks Choice Seasonal Fresh Fruit *****</p> <p>Mighty Milk *****</p>	<p>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 *****</p> <p>Mashed Potato 1/8 cup of Chicken Gravy Fruit cocktail in Light Syrup *****</p> <p>Frosty Milk *****</p>	<p>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 *****</p> <p>Broccoli Buds Grapes *****</p> <p>Power Up Milk *****</p>
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Cubes, String Cheese or Cheddar Cheese Stick

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