

Hancock Public 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 Middle and HS only add Goldfish Crackers	***** 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 M/ HS with WG Garlic Bread ***** 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 ***** Middle and HS Only will be given a Cooks choice of one of the menued items above or the featured item below Tangarine Chicken Stir-Fry Vegetables & Brown Rice ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** Chicken Ranch Wrap WG Chicken Tenders, Romaine 2 Ultra Flour Shells Sliced Tomatoes Ranch Dressing Packet *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
Romaine & Spinach Tossed Salad Grape Tomaotes 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 Tomaotes 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 Tomaotes 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 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 Fresh Apple Slices ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomaotes 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-5 11:00 -12:15
6-8 11:13 - 11:43
9-12 12:03 - 12:33

Breakfast Times Daily

K-5 7:30-8:20
9-12 7:30-8:05

Meal Prices:

K-12 Paid Meal Prices:

Breakfast:
K-12 \$1.50
Adults \$2.50

Lunch:

K-5 \$2.75
6-12 \$3.00

Adults Lunches \$5.00

\$3.00 for just an
entrée or salad bar

Grades 6-12
check out our
Bulldog 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

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 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.

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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Hancock Public Schools

Week 2 Cycle Menu

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

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 ***** <u>Chicken Ranch Wrap</u> WG Chicken Tenders, Romaine 2 Ultra Flour Shells Sliced Tomatoes Ranch Dressing Packet *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
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:

<p>Lunch Times:</p> <p>K-5 11:00 -12:15 6-8 11:13 - 11:43 9-12 12:03 - 12:33</p>	<p>Breakfast Times Daily</p> <p>K-5 7:30-8:20 9-12 7:30-8:05</p>
	<p>Meal Prices:</p> <p>K-12 Paid Meal Prices:</p> <p>Breakfast: K-12 \$1.50 Adults \$2.50</p>
<p>V-Yogurt Lunch</p> <p>Trix, Dannon, Go Big Yogurt or Greek Yogurt Cup Pull Apart Cheese Stick WG Muffin & WG Crackers *****</p>	<p>Lunch:</p> <p>K-5 \$2.75 6-12 \$3.00 Adults Lunches \$5.00 <u>\$3.00 for just an entrée or salad bar</u></p>
<p>Grab & Go Lunch Box</p> <p>WG Cereal & Whole Grain Cook's Choice Protein Carrot Sticks Fresh Fruit and Milk</p>	<p>Grades 6-12 check out our Bulldog Café Menu and Pricing</p>
<p>All Breading, Rolls, Buns and Pasta are Whole Wheat or Grain</p> <p>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.</p>	<p>K-12 Reduced Meal Prices: With Qualifying Applicaion Breakfast \$0.30 Lunch \$0.40</p> <p>Milk Only \$0.50</p> <p>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</p>

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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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 Middle and HS Only 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 Beer 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 Middle and HS only add Goldfish Crackers	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 Middle and HS Only will be given a Cooks choice of one of the menued items above or the featured item below Tangarine Chicken Stir-Fry Vegetables & Brown Rice ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** Chicken Ranch Wrap WG Chicken Tenders, Romaine 2 Ultra Flour Shells Sliced Tomatoes Ranch Dressing Packet *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
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:

<p>Lunch Times:</p> <p>K-5 11:00 -12:15 6-8 11:13 - 11:43 9-12 12:03 - 12:33</p> <hr/> <p>V-Yogurt Lunch</p> <p>Trix, Dannon, Go Big Yogurt or Greek Yogurt Cup Pull Apart Cheese Stick WG Muffin & WG Crackers *****</p> <p>Grab & Go Lunch Box</p> <p>WG Cereal & Whole Grain Cook's Choice Protein Carrot Sticks Fresh Fruit and Milk</p> <hr/> <p>All Breading, Rolls, Buns and Pasta are Whole Wheat or Grain</p> <p>REMEMBER</p> <p>Lunch includes a choice of:</p> <p>Entrée with grain/bread many vegetable s & fruits variety of milk</p> <p>Students must select a fruit and/or vegetable to make a complete lunch.</p>	<p>Breakfast Times Daily</p> <p>K-5 7:30-8:20 9-12 7:30-8:05</p> <hr/> <p>Meal Prices:</p> <p>K-12 Paid Meal Prices:</p> <p>Breakfast: K-12 \$1.50 Adults \$2.50</p> <hr/> <p>Lunch: K-5 \$2.75 6-12 \$3.00 Adults Lunches \$5.00 \$3.00 for just an entrée or salad bar</p> <hr/> <p>Grades 6-12 check out our Bulldog Café Menu and Pricing</p> <hr/> <p>K-12 Reduced Meal Prices: With Qualifying Applicaion Breakfast \$0.30 Lunch \$0.40</p> <hr/> <p>Milk Only \$0.50</p> <hr/> <p>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</p>
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Hancock Public Schools

Week 4 Cycle Menu

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

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 ***** *****	Teriyaki 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 Middle and HS Only will be given a Cooks choice of one of the menued items above or one of the featured items below 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 Middle and HS only add Goldfish Crackers	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 ***** *****	Chicken Ranch Wrap WG Chicken Tenders, Romaine 2 Ultra Flour Shells Sliced Tomatoes Ranch Dressing Packet ***** *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
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-5 11:00 -12:15
6-8 11:13 - 11:43
9-12 12:03 - 12:33

Breakfast Times Daily
K-5 7:30-8:20
9-12 7:30-8:05

Meal Prices:
K-12 Paid Meal Prices:
Breakfast:
K-12 \$1.50
Adults \$2.50

Lunch:
K-5 \$2.75
6-12 \$3.00
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 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

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Hancock Public 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
Hot Diggity Hot Dog on WG Bun (optional condiments) Ketchup, Relish and Mustard Pkg ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** Vegetarian Grilled Cheese Sandwich on Whole Grain Bread *****	Whole Grain Popcorn Chicken with WG Funnel Cake ***** Vegetarian Whole Grain Cheese French Bread ***** 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	Diced Turkey Ham Melted Cheese Sauce Fresh Baked Potato 2 slices WG 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 *****	Meatloaf with Cheese and Ketchup Glaze Corn Bread Loaf ***** Whole Grain Chicken Tenders with Whole Grain Garlic Bread ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** V-Albie's Soy Butter and Jelly Sandwich on Whole Grain Bread *****	V-WG French Toast Sticks French Toast Sticks Cheese Omelet & Syrup Cup ***** V-WG Pollack Fish Patty on WG Bun Middle and HS Only will be given a Cooks choice of one of the menued items above or the featured item below Tangarine Chicken Stir-Fry Vegetables & Brown Rice ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** Chicken Ranch Wrap WG Chicken Tenders, Romaine 2 Ultra Flour Shells Sliced Tomatoes Ranch Dressing Packet *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** Vegetarian Baked Beans 1 Golden Delicious Apple ***** 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 ***** Homemade Coleslaw Steamed Green Beans 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 ***** Cauliflower Buds Apple Sauce Cup ***** 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 Sliced Peaches in Lt Syrup ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Oven Baked Fried Potato Cook's Fresh Fruit Choice ***** Power Up Milk

WG = Whole Grain

*Contains Pork

V= Vegetarian

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Special Notes for Parents and Students:

Lunch Times: K-5 11:00 -12:15 6-8 11:13 - 11:43 9-12 12:03 - 12:33	Breakfast Times Daily K-5 7:30-8:20 9-12 7:30-8:05
Meal Prices:	
K-12 Paid Meal Prices:	
Breakfast: K-12 \$1.50 Adults \$2.50	
Lunch: K-5 \$2.75 6-12 \$3.00 Adults Lunches \$5.00 <u>\$3.00 for just an entrée or salad bar</u>	
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.	
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	

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Hancock Public 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 ***** Iaco 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 Middle and HS only add Goldfish Crackers	***** 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 Middle and HS Only will be given a Cooks choice of one of the menued items above or the featured item below Tangarine Chicken Stir-Fry Vegetables & Brown Rice ***** ***** V-Yogurt Lunch ***** Grab & Go Lunch Box ***** Chicken Ranch Wrap WG Chicken Tenders, Romaine 2 Ultra Flour Shells Sliced Tomatoes Ranch Dressing Packet *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
Romaine & Spinach Tossed Salad Grape Tomatoes 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 Tomatoes 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 Tomatoes 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 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 Diced Pears in Lt Syrup ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes 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-5 11:00 -12:15
 6-8 11:13 - 11:43
 9-12 12:03 - 12:33

Breakfast Times Daily
 K-5 7:30-8:20
 9-12 7:30-8:05

Meal Prices:

K-12 Paid Meal Prices:

Breakfast:
 K-12 \$1.50
 Adults \$2.50

Lunch:
 K-5 \$2.75
 6-12 \$3.00
 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 Millk

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 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.

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