

2024 Weeks: 9/2, 10/14, 11/25 2025 Weeks: 1/6, 2/17, 3/31, 5/12 Week 1 Cycle Menu Grades K-12

Today's Entrée Choices	(choose one) -all o	of these meals come with t	he healthy fruit and vegetable bar
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loday's Entree Choices (choose one) -all of these meals come with the healthy fruit and vegetable bar				
Monday	Tuesday	Wednesday	Thursday	Friday
Calzone Pepperoni, cheese & sauce. Served with mini Rice Krispies Treat.	Chicken Fajita on a WG soft flour tortilla shredded cheddar cheese (optional) sour cream pkg	<b>Hot Dog</b> V-WG macaroni and cheese with a hot dog on a WG bun	Chicken Tenders and Waffles both whole grain	V-WG Bosco Sticks cheese stuffed breadsticks with marinara dipping sauce
<b>WG Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>Beef Taco</b> on a WG soft flour tortilla shredded cheddar cheese (optional) sour cream pkg	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>Grilled Honey BBQ Beef Rib Patty</b> on WG bun	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
All menus are subject to change based on availability				
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### 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 Cook's 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 doctor 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

Menu abbreviations: V=vegetarian, WG= whole grain, \*=contains pork Every complete meal we serve comes with your choice of a 8 oz carton of fat free skim milk or TruMoo 1% chocolate milk

### Schedule

#### Breakfast:

- Elementary-7:25-8:05
- MS/HS-7:30-8:20

#### Lunch:

11:05-11:50 Preschool Y5/K 12:00-12:45 1st-11:50-12:35 2nd-11:40-12:25 11:30-12:15 • 3rd-11:20-12:05 • 4th-• 5th-11:15-11:55 11:10-11:40 · MS-· HS-12:05-12:35

# Yogurt Lunch:

- · Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables · Choose white or chocolate milk

# **Prices**

#### Students:

- For the 2024-2025 school year, complete meals will be free thanks to the Michigan School Meals program
- 2nd meal prices:
  - Breakfast K/12-\$2.00
  - Lunch K/5-\$3.00
  - Lunch 6/12-\$3.25
- Extra milk or milk only without a complete meal K/12 is \$0.50

### Adults:

- Breakfast: \$3.50
- Lunch: \$5.25
- Salad bar or entree only: \$4.00

# **Application**

Although meals are free to all students, please fill out the meal application to keep state funding for our school and summer EBT. Submit your meal application online at hancock.familyportal.cloud. You can also pick up a paper application at the school's office.

## Reminders:

- Make payments on your child's lunch account at hancock.familyportal.cloud or send cash/check in with student's name and account number.
- Grades 6-12, check out our Bulldog Café Menu
- Students must have a positive balance on their lunch account to purchase a la carte
- Michigan School Meals must consist of 3 components (1/2 c equivalent of fruit or vegetable AND 2 more of the following components: meat/meat alternate, grain, milk) to qualify for the free program. Without all 3 components, students will be charged at higher a la carte prices since the meal will not qualify as a Michigan School Meal.



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@hancock.k12.mi.us



2024 Weeks: 9/9, 10/21, 12/2 2025 Weeks: 1/13, 2/24, 4/7, 5/19 Week 2 Cycle Menu Grades K-12

Today's Entrée Choices (choose one) -all of these meals come with the healthy fruit and v	egetable bar
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Monday	Tuesday	Wednesday	Thursday	Friday
Beef Italian Meatballs and spaghetti sauce served over pasta parmesan cheese pkg (optional)	Build Your Own Fiesta Nachos the fixins'- beef & WG tortilla pieces hot cheese sauce Top it off with some vegetables from the Healthy Fruit & Veggie Bar sour cream pkg (optional)	Tuna Macaroni Salad pasta tossed with tuna in a creamy sauce with peas and onions	BBQ Chicken Sandwich boneless chicken breast baked in BBQ sauce on a WG bun	V-WG French Toast Sticks served with a side of sausage, egg patty and syrup cup
<b>Pizza</b> on whole wheat crust (cheese- <b>V</b> or pepperoni*)	<b>Chicken Sandwich</b> WG breaded chicken patty on a WG hamburger bun	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>WG Popcorn Chicken</b> with WG buttermilk biscuit	Fruit and Yogurt Parfait hard boiled egg bag of WG pretzel twists WG muffin
V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch

### All menus are subject to change based on availability



















### 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 Strawberries

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 Cook's 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 doctor 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

> Crispy Oven Baked Potato Cubes Pears

> > Power Up Milk

# NOTES FOR PARENTS AND STUDENTS

Menu abbreviations: V=vegetarian, WG= whole grain, \*=contains pork Every complete meal we serve comes with your choice of a 8 oz carton of fat free skim milk or TruMoo 1% chocolate milk

### Schedule

#### Breakfast:

- Elementary-7:25-8:05
- MS/HS-

#### Lunch:

- Preschool 11:05-11:50 Y5/K 12:00-12:45 1st-11:50-12:35
- 11:40-12:25 2nd-
- 3rd-11:30-12:15 4th-11:20-12:05
- 5th-11:15-11:55
- MS-11:10-11:40 HS-12:05-12:35

# Yogurt Lunch:

- · Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- · Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables
- · Choose white or chocolate milk

### **Prices**

#### Students:

- For the 2024-2025 school year, complete meals will be free thanks to the Michigan School Meals program
- 2nd meal prices:
- o Breakfast K/12-\$2.00
- Lunch K/5-\$3.00
- o Lunch 6/12-\$3.25
- Extra milk or milk only without a complete meal K/12 is \$0.50

#### Adults:

- Breakfast: \$3.50
- Lunch: \$5.25
- Salad bar or entree only: \$4.00

# **Application**

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# Reminders:

- Make payments on your child's lunch account at hancock.familyportal.cloud or send cash/check in with student's name and account number.
- Grades 6-12, check out our Bulldog Café Menu
- Students must have a positive balance on their lunch account to purchase a la carte
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2024 Weeks: 9/16, 10/28, 12/9 2025 Weeks: 1/20, 3/3, 4/14, 5/26 Week 3 Cycle Menu Grades K-12

Today's Entrée Choices (choose one) -all of these meals come with the healthy fruit and vegetable bar
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ı	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Hot Dog</b> on WG bun with WG macaroni and cheese	Spaghetti with Homemade Beef Sauce over pasta optional condiment: parmesan cheese	<b>Hammie Sammie</b> hot ham and cheese sandwich American cheese on WG hamburger bun	<b>WG Chicken Nuggets</b> with WG honey dinner roll	V-Grilled Cheese Sandwich on WG honey wheat bread
	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>WG Corn Dog</b> with a honey crunchy batter	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	Baked Ham served with WG dinner roll and WG goldfish crackers	Chef Salad diced turkey or turkey ham, boiled egg lettuce, veggies, shredded cheddar, WG garlic croutons and WG breadstick
	V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch

### All menus are subject to change based on availability



Power Packed Milk



Vitamin Rich Milk







Romaine & Spinach Tossed Salad

grape tomatoes or roasted garbanzo beans

baby carrots

crunchy cucumber

red pepper or mini sweet peppers

Frosty Milk





Romaine & Spinach Tossed Salad

grape tomatoes or roasted garbanzo beans

eye opening carrots

cucumber spears

sweet pepper medley

#### Choose at least 1/2 cup serving from today's healthy fruit and vegetable bar!

Romaine & Spinach Tossed Salad	Romaine & Spinach Tossed Salad
grape tomatoes or roasted garbanzo beans	grape tomatoes or roasted garbanzo beans
baby carrots	baby carrots
cucumber slices	cucumber coins
sweet pepper medley	red pepper or mini sweet peppers
fresh broccoli bites	fresh broccoli bites
fresh orange wedges	chilly cool oranges
awesome apple	crispy apple
Baked Beans	Crunchy Broccoli Buds
Peaches in Light Syrup	Fruit Cocktail in light syrup
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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

Mighty Milk

Cook's Choice seasonal fresh fruit Cantaloupe

fresh broccoli bites fresh broccoli bites orange wedges sunshine filled orange an apple a day keeps the doctor away fresh apple Mashed Potato & Chicken Gravy Chicken Noodle Soup

Carrot Sticks Applesauce

Power Up Milk

# NOTES FOR PARENTS AND STUDENTS

Menu abbreviations: V=vegetarian, WG= whole grain, \*=contains pork Every complete meal we serve comes with your choice of a 8 oz carton of fat free skim milk or TruMoo 1% chocolate milk

### Schedule

#### Breakfast:

- Elementary- 7:25-8:05
- MS/HS-7:30-8:20

#### Lunch:

• MS-

· HS-

 Preschool 11:05-11:50 Y5/K 12:00-12:45 11:50-12:35 1st-• 2nd-11:40-12:25 • 3rd-11:30-12:15 • 4th-11:20-12:05 11:15-11:55 • 5th-

11:10-11:40

12:05-12:35

# Yogurt Lunch:

- · Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- · Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables
- · Choose white or chocolate milk

#### Prices

#### Students:

- For the 2024-2025 school year, complete meals will be free thanks to the Michigan School Meals program
- 2nd meal prices:
- Breakfast K/12-\$2.00
- Lunch K/5-\$3.00
- Lunch 6/12-\$3.25
- Extra milk or milk only without a complete meal K/12 is \$0.50

#### Adults:

- Breakfast: \$3.50
- Lunch: \$5.25
- Salad bar or entree only: \$4.00

# **Application**

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# **Reminders:**

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- Grades 6-12, check out our Bulldog Café Menu
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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

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2024 Weeks: 9/23, 11/4, 12/16 2025 Weeks: 1/27, 3/10, 4/21, 6/2 Week 4 Cycle Menu Grades K-12

## 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 sour cream pkg (optional)	Baked Potato with diced ham and melted cheese sauce 2 slices WG bread	WG Breaded Chicken Drumstick with V creamy Alfredo sauce over pasta	V-WG Bosco Sticks cheese stuffed breadsticks with marinara dipping sauce
<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	V-WG Cheese Quesadilla WG tortilla shell with mozzarella cheese sour cream pkg (optional)	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>V-Egg Salad Sandwich</b> 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

### All menus are subject to change based on availability



















#### 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 Corn Fruit Cocktail 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 Peaches 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

Broccoli and Cheese Cook's 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 doctor away

**Baby Carrots** Pears

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

**Cucumber Slices** Sidekicks Slushy Fruit Juice Cups

Power Up Milk

# NOTES FOR PARENTS AND STUDENTS

Menu abbreviations: V=vegetarian, WG= whole grain, \*=contains pork Every complete meal we serve comes with your choice of a 8 oz carton of fat free skim milk or TruMoo 1% chocolate milk

### Schedule

#### Breakfast:

- Elementary-7:25-8:05
- MS/HS-7:30-8:20

#### Lunch:

<ul> <li>Preschool</li> </ul>	11:05-11:50
<ul> <li>Y5/K</li> </ul>	12:00-12:45
<ul><li>1st-</li></ul>	11:50-12:35
• 2nd-	11:40-12:25
<ul> <li>3rd-</li> </ul>	11:30-12:15
<ul> <li>4th-</li> </ul>	11:20-12:05
• 5th-	11:15-11:55
<ul><li>MS-</li></ul>	11:10-11:40
<ul><li>HS-</li></ul>	12:05-12:35

# Yogurt Lunch:

- Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables Choose white or chocolate milk

Prices

#### Students:

- For the 2024-2025 school year, complete meals will be free thanks to the Michigan School Meals program
- 2nd meal prices:
- Breakfast K/12-\$2.00
- Lunch K/5-\$3.00
- o Lunch 6/12-\$3.25
- Extra milk or milk only without a complete meal K/12 is \$0.50

### Adults:

- Breakfast: \$3.50
- Lunch: \$5.25
- Salad bar or entree only: \$4.00

# **Application**

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### Reminders:

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- Grades 6-12, check out our Bulldog Café Menu
- Students must have a positive balance on their lunch account to purchase a la carte
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2024 Weeks: 9/30, 11/11, 12/23 2025 Weeks: 2/3, 3/17, 4/28 Week 5 Cycle Menu Grades K-12

Today's Entrée Choices (choose one) -all of these meals come with the healthy fruit and vegetable bar					
Monday	Tuesday	Wednesday	Thursday	Friday	
Beef and Cheese Lasagna Ricotta cheese, Italian meat sauce, tomatoes, and veggies served with WG garlic bread	V-WG French Toast Sticks served with side of sausage, egg patty, and syrup cup	Chicken Sandwich WG breaded chicken patty on WG hamburger bun	Beef Sloppy Joe on WG hamburger bun	Sub Sandwich made with deli meat and American cheese slices on a WG Sub Bun	
<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	All American Beef Hamburger on WG bun with or without cheese top with lettuce, tomatoes, etc from the Fruit and Vegetable bar	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>WG Macaroni and Cheese</b> with 3 WG Chicken Tenders	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	
All menus are subject to change based on availability					

### 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

Tossed Salad with Grape Tomatoes 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

French Fries
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

Baked Beans

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 doctor away

Crunchy Carrots
Peaches 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

Cauliflower and Broccoli Buds Sidekicks Slushy Fruit Juice Cup

Power Up Milk

# NOTES FOR PARENTS AND STUDENTS

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Every complete meal we serve comes with your choice of a 8 oz carton of fat free
skim milk or TruMoo 1% chocolate milk

### Schedule

#### Breakfast:

- Elementary-7:25-8:05
- MS/HS- 7:30-8:20

#### Lunch:

· HS-

- Preschool 11:05-11:50
  Y5/K 12:00-12:45
  1st- 11:50-12:35
  2nd- 11:40-12:25
  3rd- 11:30-12:15
- 4th- 11:20-12:05
  5th- 11:15-11:55
  MS- 11:10-11:40

# Yogurt Lunch:

12:05-12:35

- Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables
- · Choose white or chocolate milk

### Prices

#### Students:

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- 2nd meal prices:
- Breakfast K/12-\$2.00
- Lunch K/5-\$3.00
- Lunch 6/12-\$3.25
- Extra milk or milk only without a complete meal K/12 is \$0.50

#### Adults:

- Breakfast: \$3.50
- Lunch: \$5.25
- Salad bar or entree only: \$4.00

# Application

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# Reminders:

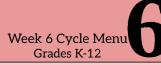
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2024 Weeks: 10/7, 11/18, 12/30 2025 Weeks: 2/10, 3/24, 5/5



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	Build Your Own Fiesta Nachos The fixins'- beef & WG tortilla pieces hot cheese sauce Top it off with some vegetables from the Healthy Fruit & Veggie Bar sour cream pkg (optional)	WG Breaded Chicken Drumstick with V creamy Alfredo sauce over pasta	Bulldog Bowl mashed potato topped with WG chicken bites, gravy, corn, and cheese with WG garlic toast	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)	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>WG Corn Dog</b> with a honey crunchy batter	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

#### All menus are subject to change based on availability



















### 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	g
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

Oven Baked Waffle Fries

Cooks Choice seasonal fresh fruit

Mighty Milk

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 doctor 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

Broccoli Buds Grapes

fresh apple

Power Up Milk

# NOTES FOR PARENTS AND STUDENTS

Menu abbreviations: V=vegetarian, WG= whole grain, \*=contains pork Every complete meal we serve comes with your choice of a 8 oz carton of fat free skim milk or TruMoo 1% chocolate milk

### Schedule

#### Breakfast:

- Elementary-7:25-8:05
- MS/HS-7:30-8:20

#### Lunch:

- 11:05-11:50 Preschool
- Y5/K 12:00-12:45
- 1st-11:50-12:35 11:40-12:25
- 2nd-11:30-12:15 3rd-
- 11:20-12:05 4th-
- 11:15-11:55 5th-
- MS-11:10-11:40 12:05-12:35 HS-

# Yogurt Lunch:

- · Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- · Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables
- · Choose white or chocolate milk

### **Prices**

- For the 2024-2025 school year, complete meals will be free thanks to the Michigan School Meals program
- 2nd meal prices:
- Breakfast K/12-\$2.00
- Lunch K/5-\$3.00
- o Lunch 6/12-\$3.25
- Extra milk or milk only without a complete meal K/12 is \$0.50

#### Adults:

- Breakfast: \$3.50
- Lunch: \$5.25
- Salad bar or entree only: \$4.00

# **Application**

Although meals are free to all students, please fill out the meal application to keep state funding for our school and summer EBT. Submit your meal application online at hancock.familyportal.cloud. You can also pick up a paper application at the school's office.

# **Reminders:**

- Make payments on your child's lunch account at hancock.familyportal.cloud or send cash/check in with student's name and account number.
- Grades 6-12, check out our Bulldog Café Menu
- Students must have a positive balance on their lunch account to purchase a la carte
- Michigan School Meals must consist of 3 components (1/2 c equivalent of fruit or vegetable AND 2 more of the following components: meat/meat alternate, grain, milk) to qualify for the free program. Without all 3 components, students will be charged at higher a la carte prices since the meal will not qualify as a Michigan School Meal.



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@hancock.k12.mi.us USDA is an equal opportunity provider.