

South Haven Public Schools Elementary Menu



MEAL PRICING:
Lunch Free for Students
Adult Lunch Price \$3.50
Milk Only \$.50

EACH MEAL INCLUDES:
Meat/Meat Alternate, Fruit, Vegetable
Whole Grains, 1% or Fat Free Milk
Selections

Breakfast Menu:
Free for K-8
High School
\$1.25, Reduced
.30

Monday:
Warm UBR
Cookie

Tuesday:
Pancake on
a Stick

Wednesday:
Yogurt
Parfaits
W/Granola
Bar

Thursday:
Breakfast
Pizza

Friday:
Waffles or
Smoothie

Breakfast includes
fruit, juice
and milk.

LUNCH Menu Fall 2016-2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pepperoni Pizza Romaine Salad Bunch O' Grapes **Harvest of the Month Tasting in Cafeteria**	Nachos Grande Deluxe Pintos w/Cheese Pineapple Tidbits WG Cinnamon Roll	WG French Toast Sticks Scrambled Eggs Sausage Link Fresh Orange Smiles	Fried Chicken Drumstick Mashed Potatoes & Gravy Fresh Snap Peas Mandarin Oranges WG Roll w/Butter	Toasted Cheese Sandwich Tomato Soup Relish Stix W/Dip Fresh Apple Slices
2	All Beef Hot Diggity Dog Spicy Baked Beans Cinnamon Pears	Ham, Egg & Cheese Croissant Hash Brown Patty Strawberry Cup	Crispy Chicken Sandwich WG Bun Green Beans Sliced Peaches	Cheeseburger Deluxe WG Bun Baked Fries Petite Bananas	Cheese Quesadilla Mexicali Corn Apple Slices w/Caramel Dip
3	Chicken Nuggets Fruit Muffin Tater Tots Asst. Fresh Fruit	Soft Taco W/Romaine Ribbons Blk. Bean Corn Salsa W/Scoops Fresh Apple	Mini Corn Dogs Maple Glazed Carrot Coins Potato Smiles Fresh Pear	WG Spaghetti W/Meat Sauce Green Beans Cinn. Applesauce Garlic Breadstick	WG Macaroni & Cheese Steamed Broccoli Cornbread Pineapple Tidbits
4	Homemade Chili Baby Carrots W/Dip Locally Grown Apple WG Cheez-its	Dutch Waffle W/Syrup Sausage Patty Fresh Grapes Orange Juice	Cheese Pizza Baby Peas Fresh Pears **Wellness Wednesday Activity*	Chicken Tenders W/Dinner Roll Baked Beans Mixed Veggie Crunchers Pineapple Tidbits	Stuffed Bread Stick W/Marinara Sauce Green Beans Petite Banana
Second Choice:	Grape PBJ Uncrustable	Yogurt Parfaits W/Granola Bar	Strawberry PBJ Uncrustable	Goldfish Snack Boat	Homemade Double Decker PBJ or Turkey Wrap

Questions, comments or concerns?
Call
(269) 637-0590
or
Email
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Follow the menu with its calendar day. Each week is represented by a color and represents a 4 week cycle menu. *Menu subject to change without notice.

This institution is an equal opportunity provider.

September 2016							October 2016							November 2016							December 2016						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	2	3	4	5	6	7	8			1	2	3	4	5					1	2	3
4	5	6	7	8	9	10	9	10	11	12	13	14	15	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	16	17	18	19	20	21	22	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	23	24	25	26	27	28	29	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30	1	30	31						27	28	29	30				25	26	27	28	29	30	31

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan