

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.**

**Questions,
comments
or
concerns?
Call
(269) 637-0590
or
Email
anichols@shps.org**

LUNCH Menu

Winter 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

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.

January 2017

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

February 2017

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

March 2017

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

April 2017

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

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

This institution is an equal opportunity provider.