

Alanson School Lunch Menu

K-12th

September

A full student lunch includes a choice of entrée supplying protein & grain, up to 2 vegetable side dishes, up to 2 fruit side dishes, & a choice of milk. Milk choices include 1% white, skim & 1% chocolate.

A cold vegetable & fruit bar is available daily. We feature a variety of vegetables & fruits including **locally grown** when seasonally available. Each week we feature romaine lettuce as well as deeply colored, nutrient-rich vegetables including red/orange & dark green varieties, as well as beans & other additional choices.

Servings Times: 10:45am to 12:45pm. Lunch Prices: K-5th: \$2.50, 6th-12th: \$2.75, Reduced \$.40, Free for Free Students if qualify for free meals. Adults \$3.75

Farm to School Locally Grown Products: **Highlighted in large font on menu.**

This Month's Food Focus: **Cauliflower**



September Harvest of the Month: Kale & Spring Lettuce Mix

Look on your menu for: Lettuce w/ Kale & Spring Lettuce Mix (Daily on Food Bar)

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
	Labor Day! No School	Classic Cheeseburger Bar on WG Bun Lettuce & Tomato Slices Oven Baked Spiral Fries	Hot Dog on WG Bun Chili Dog Sauce Cheese Sauce Classic Vegetarian Baked Beans	WG Boneless Chicken Wings Hot Sauce BBQ Sauce WG Dinner Roll Cinnamon Glazed Carrots	Classic WG Cheese Pizza Herb Roasted Cauliflower
Alternate Weekly Choice: Peanut Butter & Jelly Jammer, Fruit & Vegetable Bar & Milk					
	10	11	12	13	14
	WG Cheese Stuffed Bread Stick Marinara Sauce Fresh Corn on the Cob	Lucky Tray Day Baked Ziti WG Dinner Roll Buttermilk Coleslaw Seasoned Green Beans	WG French Toast Sticks w/ Syrup Turkey Sausage Patty Blueberries Tater Tots	Meat & Cheese Nachos Tortilla Chips Black Bean & Corn Salad Refried Beans	Classic WG Pepperoni Pizza Herb Roasted Brussel Sprouts
Alternate Weekly Choice: Cereal Fun Lunch, Fruit & Vegetable Bar & Milk OR Peanut Butter & Jelly Jammer					
	17	18	19	20	21
	WG Chicken Tenders WG Dinner Roll Classic Vegetarian Baked Beans	Cheesy Baked Pasta OR Tator Tot Casserole w/ Corn WG Breadstick Carrot & Raisin Salad Seasoned Green Beans	Sweet & Sour Meatballs Brown Rice Oriental Vegetables OR Chicken Alfredo w/ Tri-Colored Fettuccini Noodles WG Breadstick Seasoned Broccoli	Mashed Potato Chicken Bowl WG Dinner Roll Seasoned Corn	WG Cheese Quesadilla Salsa Herb Roasted Cauliflower
Alternate Weekly Choice: Apple Cinnamon Muffin Fun Lunch, Fruit & Vegetable Bar & Milk OR Peanut Butter & Jelly Jammer					
	24	25	26	27	28
	Meat & Cheese Nachos Tortilla Chips Refried Beans	Birth Month Celebration Sloppy Joe on WG Bun OR Homemade Meatloaf Augratin Potatoes Potato Salad Seasoned Peas & Carrots	WG Waffle w/ Syrup Scrambled Eggs Strawberries Tater Tots	BBQ Oven Roasted Chicken Drumsticks OR Grilled Cheese & Tomato Soup w/ Cheddar Goldfish Crackers WG Dinner Roll Seasoned Broccoli	WG Pepperoni French Bread Pizza Cinnamon Glazed Carrots
Alternate Weekly Choice: Spicy Italian Sub w/ Cheese, Fruit & Vegetable Bar & Milk OR Peanut Butter & Jelly Jammer					
	Pepperoni & Mozzarella Panini	WG Mozzarella Cheese Sticks Marinara Sauce	WG Chicken Patty on WG Bun	Turkey Corn Dog	WG Chicken Nuggets WG Dinner Roll
Daily Featured Fruit & Vegetable Bar. LOCALLY GROWN when in season! (Selection Will Change Daily)					
	Mixed Salad Greens Fresh Cherry Tomatoes Fresh Celery Sticks Fresh Carrots Chilled Fruit Fresh Fruit	Mixed Salad Greens Fresh Cucumber Coins Power Peas Fresh Broccoli Florets Chilled Fruit Fresh Fruit	Mixed Salad Greens Fresh Cherry Tomatoes Fresh Carrots Fresh Red & Green Pepper Strips Chilled Fruit Fresh Fruit	Mixed Salad Greens Fresh Cucumber Coins Fresh Broccoli Chilled Fruit Fresh Fruit	Mixed Salad Greens Fresh Assortment of Vegetables Chilled Fruit Fresh Fruit

This institution is an equal opportunity provider.

No advance registration necessary! All students are welcome every day!

Questions or comments? Please call Beth Kavanaugh, Foodservice Director at (231) 348-2183 or kavanaugh.ba.u@petoskeyschools.org