

# Alanson School Lunch Menu September 6th - October 7th, 2016

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

In addition to the vegetables & fruits offered on our serving line station, a **daily cold vegetable & fruit bar is available**. We feature a variety of vegetables & fruits on the bar including locally grown when seasonally available. Each week we feature 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: \$2.00, 6th-12th: \$2.50, Reduced \$ .40,  
Free for Free Students if qualify if for free meals**

**Comfort foods, international flavors, trendy versions of foods familiar to students. Rice & noodles, potatoes, tortillas & pasta are topped with protein, vegetables & sauces - High flavor lunches built exactly the way you want in a bowl.**



	6	7	8	9
Labor Day! No School	WG Macaroni & Cheese WG Biscuit Seasoned Green Beans	WG Chicken Nuggets Brown Rice Oriental Blend Vegetables	Beef Macho Nachos Tortilla Shell Rounds Cheese Sauce Low Fat Sour Cream Salsa Refried Beans	WG French Toast Sticks w/ Syrup Sausage Patty Tater Tots Warm Baked Apple Slices

Alternate Weekly Choice: WG Bagel w/ Yogurt & String Cheese

	12	13	14	15	16
Sloppy Joe on WG Bun Vegetarian Baked Beans	Pepperoni Pizza Pasta WG Dinner Roll	Chicken Alfredo w/ Rotini Pasta WG Dinner Roll Herb Roasted Broccoli & Cauliflower	Mashed Potato Chicken Bowl WG Biscuit Seasoned Corn	Classic Pepperoni Pizza Seasoned Peas	

Alternate Weekly Choice: Turkey Ham & Turkey Chef Salad w/ Tomatoes, Cucumbers, Onions, American & Provolone Cheese, Boiled Egg & WG Dinner Roll

	19	20	21	22	23
Beef Ravioli WG Dinner Roll Roasted Green Beans	Tater Tot Casserole WG Biscuit Seasoned Corn	WG Pancakes Sausage Links Scrambled Eggs Tater Tots Warm Baked Apple Slices	Beef Macho Nachos Tortilla Shell Rounds Cheese Sauce Low Fat Sour Cream Salsa Refried Beans	Homemade Cheese Pizza Seasoned Caarrots	

Alternate Weekly Choice: Berry Yogurt Parfait w/ Granola

	26	27	28	29	30
Macaroni & Cheese WG Biscuit Broccoli Florets	Chicken Fajitas WG Tortilla Wrap Shredded Cheese Sour Cream Salsa Refried Beans	Boneless Wings WG Dinner Roll Hot Sauce or BBQ Sauce Seasoned Fries	Mashed Potato Chicken Bowl WG Biscuit Seasoned Corn	Classic Pepperoni Pizza Seasoned Peas	

Alternate Weekly Choice: Bagel w/ Yogurt & String Cheese

	October 3rd	4	5	6	7
WG French Toast Sticks w/ Syrup Sausage Links Scrambled Eggs Tater Tots Warm Baked Apple Slcies	BBQ Shredded Pork Sandwich Seasoned Corn	Toasted Triple Cheese Sandwich Campbell's Tomato Soup Roasted Green Beans	Beef Macho Nachos Tortilla Shell Rounds Cheese Sauce Low Fat Sour Cream Salsa Refried Beans	Homemade Cheese Pizza Seasoned Caarrots	

Alternate Weekly Choice: Italian Hoagie (Turkey Ham, Pepperoni, Sliced American Cheese, Tomatoes & Lettuce)

**Burgers, chicken & vegetarian sandwiches on a whole wheat/grain bakery bun. Finger-style foods are also offered with hot vegetable & fruits.**



WG Crispy Chicken Ssandwich	Turkey Hot Dog on WG Bun	Hamburger on WG Bun	WG Crispy Chicken Tenders WG Dinner Roll	WG Turkey Corn Dog
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**Daily Featured Fruit & Vegetable Bar. LOCALLY GROWN when in season!**



Romaine & Spinach Salad Cherry Tomatoes Celery Sticks Baby Carrots Sliced Cucumbers, Broccoli Florets, Cauliflower Florets, Red & Green Pepper Strips, Power Peas Berries Chilled Fruit Fresh Fruit	Romaine & Spinach Salad Cherry Tomatoes Celery Sticks Baby Carrots Sliced Cucumbers, Broccoli Florets, Cauliflower Florets, Red & Green Pepper Strips, Power Peas Berries Chilled Fruit Fresh Fruit	Romaine & Spinach Salad Cherry Tomatoes Celery Sticks Baby Carrots Sliced Cucumbers, Broccoli Florets, Cauliflower Florets, Red & Green Pepper Strips, Power Peas Berries Chilled Fruit Fresh Fruit	Romaine & Spinach Salad Cherry Tomatoes Celery Sticks Baby Carrots Sliced Cucumbers, Broccoli Florets, Cauliflower Florets, Red & Green Pepper Strips, Power Peas Berries Chilled Fruit Fresh Fruit	Romaine & Spinach Salad Cherry Tomatoes Celery Sticks Baby Carrots Sliced Cucumbers, Broccoli Florets, Cauliflower Florets, Red & Green Pepper Strips, Power Peas Berries Chilled Fruit Fresh Fruit
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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](mailto:kavanaugh.ba.u@petoskeyschools.org)