

Alanson School Lunch Menu

K-12th

September 2017

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 & skim 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: \$2.25, 6th-12th: \$2.50, Reduced \$.40, Free for Free Students if qualify for free meals

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

This Month's Food Focus: **Garden Vegetables**


September Harvest of the Month: Cauliflower

Look on your menu for: Fresh Raw Cauliflower, Herb-Roasted Cauliflower & Pasta Salad w/Cauliflower, Olives, Yellow Peppers & Onions w/ Vinaigrette Dressing



	Monday	Tuesday	Wednesday	Thursday	Friday
	4 Labor Day! No School	5 Classic Cheeseburger Bar on WG Bun Lettuce & Tomato Slices Oven Baked Spiral Fries	6 Hot Dog on WG Bun Classic Vegetarian Baked Beans	7 WG Boneless Chicken Wings Hot Sauce BBQ Sauce WG Dinner Roll Seasoned Fries	8 Classic WG Cheese Pizza Roasted Cinnamon Butternut Squash
Alternate Weekly Choice: Peanut Butter & Jelly Jammer, Fruit & Vegetable Bar & Milk					
	11	12	13	14	15
	WG Cheese Stuffed Bread Stick Marinara Sauce Pasta Salad w/ Cauliflower , Olives, Yellow Peppers & Onions w/ Vinaigrette Dressing Seasoned Corn	Lucky Tray Applesauce Cup Day Baked Ziti WG Dinner Roll Buttermilk Coleslaw w/ Shredded Radishes Seasoned Green Beans	WG French Toast Sticks w/ Syrup Turkey Sausage Patty Blueberry Topping Tater Tots	Meat & Cheese Nachos Tortilla Chips 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					
	18	19	20	21	22
	WG Chicken Tenders Classic Vegetarian Baked Beans	Cheesy Baked Pasta WG Breadstick Carrot & Raisin Salad Seasoned Green Beans	Sweet & Sour Meatballs Brown Rice Oriental Vegetables	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					
	25	26	27	28	29
	Meat & Cheese Nachos Tortilla Chips Refried Beans	Birthday Month Celebration Sloppy Joe on WG Bun Potato Salad WG Cookie Seasoned Peas & Carrots	WG Waffle w/ Syrup Scrambled Eggs Strawberry Topping Tater Tots	BBQ Oven Roasted Chicken Drumsticks 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 Crispy Chicken Sandwich	WG Turkey Corn Dog	Mozzarella Cheese Sticks Marinara Sauce	WG Chicken Rings WG Dinner Roll

Daily Featured Fruit & Vegetable Bar. LOCALLY GROWN when in season! (Selection Will Change Daily)

	<p>Mixed Salad Greens Fresh Cherry Tomatoes Fresh Celery Sticks Fresh Carrots Chilled Fruit Fresh Fruit</p>	<p>Mixed Salad Greens Fresh Cucumber Coins Power Peas Fresh Broccoli Florets Chilled Fruit Fresh Fruit</p>	<p>Mixed Salad Greens Fresh Cherry Tomatoes Fresh Carrots Fresh Red & Green Pepper Strips Hummus Chilled Fruit Fresh Fruit</p>	<p>Mixed Salad Greens Fresh Cucumber Coins Fresh Broccoli Chilled Fruit Fresh Fruit</p>	<p>Mixed Salad Greens Fresh Assortment of Vegetables Chilled Fruit Fresh Fruit</p>
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News from the Chefs Corner:

We are currently seeking hourly associates to work for the food service department. Open positions consist of cashiers, cook helpers & subs. Please email kavanaugh.ba.u@petoskeyschools.org for more information.

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