



BREAKFAST MENU Winter 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 February 4-8 & March 4-8	Breakfast Burrito Salsa Cup Applesauce Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk	WG Mini Pancakes & Syrup Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Bacon, Egg & Cheese Breakfast Pizza Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Sausage & Cheese Breakfast Sandwich on WG Bagel Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Yogurt & Fruit Parfait with Granola Fruit Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk
2 January 14-18 Feb 11-15 & March 11-15	Peanut Butter & Jelly Wafer Applesauce Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk	Pancake & Sausage Stick w/Syrup Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Sausage & Gravy Breakfast Pizza Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Southern Chicken Sausage on Fluffy Biscuit Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Dreamy Peach Smoothie w/Granola Bar Fruit Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk
3 January 14-18 Feb 11-15 & March 11-15	Breakfast Burrito Salsa Cup Applesauce Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk	WG Mini Pancakes & Syrup Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Bacon, Egg & Cheese Breakfast Pizza Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Sausage & Cheese Breakfast Sandwich on WG Bagel Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Yogurt & Fruit Parfait with Granola Fruit Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk
4 Jan. 28-Feb 1, Feb 28-Mar 1, Mar 25-29	Peanut Butter & Jelly Wafer Applesauce Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk	Pancake & Sausage Stick w/Syrup Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Sausage & Gravy Breakfast Pizza Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Southern Chicken Sausage on Fluffy Biscuit Raisins 100% Fruit Juice Choice of 1% or Fat Free White Milk	South Haven Blueberry Farm & Yogurt Parfait w/Granola Bar Fruit Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk
Second Choice:	Cereal Kit with WG & Reduced Sugar Cereal, WG Cracker & 100% Fruit Juice	Cereal Kit with WG & Reduced Sugar Cereal, WG Cracker & 100% Fruit Juice	Cereal Kit with WG & Reduced Sugar Cereal, WG Cracker & 100% Fruit Juice	Cereal Kit with WG & Reduced Sugar Cereal, WG Cracker & 100% Fruit Juice	Cereal Kit with WG & Reduced Sugar Cereal, WG Cracker & 100% Fruit Juice

COME CHECK US OUT FOR BREAKFAST

We offer a Free Breakfast to all students

Served every day!

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

EAT A HEALTHY SCHOOL BREAKFAST – AN EASY RESOLUTION TO KEEP
We don't consider breakfast to be an option

Studies show that children who eat a good breakfast pay better attention in class, retain what they learn, score higher on standardized test and behave better.

When your student joins us for breakfast (and lunch) you can rest assured that they are receiving a nutritious meal.. Our Breakfast Cereals, Breakfast Pastries, Muffins, Bagels, Pancakes and French Toast are whole grain and reduced sugar.

If your kids are approved for meal benefits, they don't just get lunch—they automatically qualify for breakfast too! Why not resolve to take advantage of this great service every day?



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

South Haven Public Schools Elementary Lunch Menu

LUNCH MENU

Winter 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 February 4-8 & March 4-8	Cheesy Breadsticks with Marinara Baby Carrots Tossed Salad Apple Juice	Crispy WG Chicken Sandwich Tomato & Lettuce Peaches Fruit Snack	Chef Boyardee Ravioli w/Meat sauce Green Beans Garlic Toast Tossed Salad w/Cucumbers & Tomato Petite Banana	Mini WG Cheeseburger Sliders Cheese Fries Pickles Cinnamon Pears	WG Pizza Rolls with Marinara Edamame Broccoli with Low Fat Dip Lunch Bunch Grapes
2 January 14-18 Feb 11-15 & March 11-15	WG Chicken Tenders w/Waffle & Syrup Crispy Potatoes Sun Splash Punch Strawberries	Turkey Tetrizzini w/Fruit Muffin Maple Glazed Carrots Fresh Veggies w/Low Fat Dip Peaches	Little "Ram" Bacon Cheeseburger Deluxe Fixings Munchie mix Applesauce	WG French Bread Pizza Sweet Potato Fries Fresh Orange Wedges	Wet Burrito Black Bean Salad Romaine Ribbons Pineapple Tidbits
3 January 14-18 Feb 11-15 & March 11-15	WG Cinnamon French Toast w/Sausage & Syrup Baby Carrots Fruit Cup Orange Juice	Southern WG Crispy Chicken Drumstick WG Dinner Roll Mashed Potato & Gravy Coleslaw Peaches	WG Turkey Tenderloin Sandwich Crispy Fries Tomato & Lettuce Fresh Fruit	Sizzling Chicken Fajita/WG Soft Shell & Cheddar Refried Bean Dip & Salsa w/Scoops Diced Pears	Personal Pan Pizza Spinach & Mandarin Orange Salad Fresh Veggies w/Low Fat Dip Lunch Bunch Grapes
4 Jan. 28-Feb 1, Feb 28-Mar 1, Mar 25-29	Cheese Omelet w/Biscuit & Country Gravy Hash Browns Baby Carrots Mixed Fruit	Hot Ham & Cheese Sub Broccoli Salad Harvest Cheddar SunChips Applesauce	Rustic Lasagna w/WG Breadstick Corn Nibbles Tossed Salad Fresh Michigan Apple	WG Chicken Nuggets W/Dinner Roll Baked Beans Macaroni Salad Peaches	Chili Dog w/Cheddar Cheese Spinach Salad w/Tomato Fresh Veggies w/Low Fat Dip Mandarin Oranges
Second Choice:	Grape PBJ Uncrustable with Cheese Stick & Grahams	Yogurt & Cheese Stick with WG Bagel & Cream Cheese & Jelly	Goldfish Snack Boat	Yogurt & Fruit Parfait with Granola & Muffin	Strawberry PBJ Uncrustable with Cheese stick

Pick 3 for FREE!

Does your student bring a lunch from home?

Let us help, if your student picks 3 of the foods we offer (one has to be a fruit or veggie) they get it for free!

For example, your child can get a milk, vegetable and fruit every day to go with their lunch from home for FREE!

Packed full of vital nutrients and minerals to supplement their meal from home!



This institution is an equal opportunity provider.

Our Free Lunch includes:

A Fruit/Veggie Bar which offers fresh and canned fruit along with a variety of seasonal fresh vegetables with dark green, red/orange, starchy and other vegetables offered throughout the week and 1% White or Flavored or Fat-Free Milk
 - A la Carte Milk is \$.50