

# 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](mailto:anichols@shps.org)**

This institution is an equal opportunity provider.

## LUNCH Menu

## Fall 2018-2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Pepperoni Pizza Romaine Salad Bunch O' Grapes <b>**Harvest of the Month Tasting in Cafeteria**</b>	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
<b>2</b>	All Beef Hot Diggity Dog Spicy Baked Beans Cinnamon Pears	Ham, Egg & Cheese Croissant Hash Brown Patty Strawberry Cup	WG Spaghetti W/Meat Sauce Green Beans Cinn. Applesauce Garlic Breadstick	Cheeseburger Deluxe WG Bun Baked Fries Petite Bananas	Cheese Quesadilla Mexicali Corn Apple Slices w/Caramel Dip
<b>3</b>	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	Crispy Chicken Sandwich WG Bun Green Beans Sliced Peaches	WG Macaroni & Cheese Steamed Broccoli Cornbread Pineapple Tidbits
<b>4</b>	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 <b>**Wellness Wednesday Activity*</b>	BBQ Chicken Sandwich Baked Beans Mixed Veggie Crunchers Pineapple Tidbits	Stuffed Bread Stick W/Marinara Sauce Green Beans Petite Banana
<b>Second Choice:</b>	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.

September 2018

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

October 2018

S	M	T	W	T	F	S
30	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			

November 2018

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	

December 2018

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