


# What's on the Menu?

## Fruitport Elementary Menu January 6

Day 1	Day 2	Day 3	Day 4	Day 5
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### Breakfast

Free Breakfast for All Students

<b>Muffin</b> WG Muffin and String Cheese 	<b>Breakfast Pizza</b> Sausage Breakfast Pizza 	<b>Cereal</b> Assorted Cereal Bowls 	<b>Pancakes</b> Syrup 	<b>Scrambled Eggs</b> Scrambled Eggs and WG Biscuit 
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### Lunch

<b>Pepperoni &amp; Cheese Pizza</b> Served with Curly Fries. Fresh Vegetables & Fruit  <b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	<b>Chips &amp; Cheese</b> Tortilla Corn Chips, Cheese Sauce. Salsa cup optional. Fresh Vegetables & Fruit  <b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	<b>Waffles</b> Buttermilk Waffles with Sausage Patty Fresh Vegetables & Fruit  <b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	<b>Sweet &amp; Sour Chicken</b> Sweet & Sour Sauce tossed with Chicken Nuggets. Served with Fried Brown Rice. Fresh Vegetables & Fruit  <b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	<b>Corn Dog</b> Fresh Vegetables & Fruit  <b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)
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Lunch Prices  
 Full Pay: \$2.65  
 Reduced Pay: \$0.40  
 Adult: \$5.25

**BREAKFAST:** A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate. Menu is subject to change

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



Vegetarian Locally Grown

This institution is an equal opportunity provider.



# What's on the Menu?

Fruitport Middle & High Schools: January 6

Monday

Tuesday

Wednesday

Thursday

Friday

## Breakfast

Free Breakfast for All Students

<p><b>Muffin</b> WG Muffin and String Cheese</p> 	<p><b>Breakfast Pizza</b> Sausage Breakfast Pizza</p>	<p><b>Cereal</b> Assorted Cereal Bowls</p> 	<p><b>Pancakes</b> Syrup</p> 	<p><b>Scrambled Eggs</b> Scrambled Eggs and WG Biscuit</p> 
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## STUDENT CHOICE FOOD YOUR WAY

Baked Potato Bar

Taco/Nacho Bar

French Dip

Ravioli Bar

Stir-Fry Bar

Baked Potato topped with your choice of toppings.

Build your own Taco or Nacho plate with choice of Chicken, Beef, or Beans. Served with Salsa & Sour Cream

Hot Roast Beef on a Sub Bun with Provolone Cheese and a side of Au Jus (Beef Broth)

Choice of Marinara or Alfredo on Cheese Stuffed Ravioli

Orange Chicken or General Tso's with Fried Brown Rice

## SO DELI

Available Daily  
Build your own  
Sub, Wrap, or Flatbread

## grilled

Available Daily  
Build your own  
Burger or Chicken Sandwich\*

## BUILD pizza by design

Chicken Bacon Ranch Pizza

BBQ Pizza

Supreme Pizza

Mushroom Pizza

Buffalo Chicken Pizza

Available Daily: Pepperoni Pizza, Cheese Pizza



A full student lunch includes choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate. Menu is sub.

Lunch Prices Full Pay: \$2.85 Reduced Pay: \$0.40

Adult: \$5.25



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# What's on the Menu?

## Fruitport Elementary Menu January 13

Day 1	Day 2	Day 3	Day 4	Day 5
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### Breakfast

Free Breakfast for All Students

<p><b>Waffles</b> Buttermilk Waffles, Syrup</p> 	<p><b>Breakfast Bowl</b> Scrambled eggs, Tater Tots and WG Biscuit topped with Shredded Cheddar Cheese</p>	<p><b>Cereal</b> Assorted Cereal Bowls</p> 	<p><b>Sausage Breakfast Sandwich</b> Sausage Patty and Buttermilk Biscuit</p>	<p><b>Bagel, Cream Cheese &amp; Jelly</b> Whole Grain Bagel with Cream Cheese and Assorted Jelly</p> 
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### Lunch

<p><b>Chicken Tenders</b> Crispy Chicken Tenders Fresh Vegetables &amp; Fruit</p> <p><b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&amp;J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p><b>Taco</b> Beef Taco with Lettuce, Tomato, and Shredded Cheese. Fresh Vegetables &amp; Fruit</p> <p><b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&amp;J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p><b>Mini Pancakes</b> Mini Buttermilk Pancakes with Sausage Fresh Vegetables &amp; Fruit</p> <p><b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&amp;J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p><b>Sloppy Joe</b> Whole Grain Bun topped with a Tangy Ground Beef Sauce. Served with Tater Tots Fresh Vegetables &amp; Fruit</p> <p><b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&amp;J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p><b>Alfredo Pasta</b> Creamy Garlic Classic. Elbow Pasta in a creamy Alfredo Sauce Fresh Vegetables &amp; Fruit</p> <p><b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&amp;J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>
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Lunch Prices  
Full Pay: \$2.65  
Reduced Pay: \$0.40  
Adult: \$5.25

**BREAKFAST:** A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate. Menu is subject to change

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



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# What's on the Menu?

Fruitport Middle & High Schools: January 13

Monday

Tuesday



Wednesday

Thursday

Friday

## Breakfast

Free Breakfast for All Students

<p><b>Waffles</b> Buttermilk Waffles, Syrup</p>	<p><b>Breakfast Bowl</b> Scrambled eggs, Tater Tots and WG Biscuit topped with Shredded Cheddar Cheese</p>	<p><b>Cereal</b> Assorted Cereal Bowls</p> 	<p><b>Sausage Breakfast Sandwich</b> Sausage Patty and Buttermilk Biscuit</p>	<p><b>Bagel, Cream Cheese &amp; Jelly</b> Whole Grain Bagel with Cream Cheese and Assorted Jelly</p> 
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## STUDENT CHOICE FOOD YOUR WAY

Buffalo Chicken Dip

Taco Salad

Pasta Bar

Waffle Bar

Chicken Nuggets

Diced Chicken in a creamy  
Mozzarella Cheese, Cream  
Cheese, and Buffalo Sauce mix.  
Served with Pretzels

Choice of Fajita Chicken or Beef  
Taco Meat on a bed of Lettuce,  
Complete your salad with  
Tomato, Onions, Peppers,  
Shredded Cheese and Salsa &  
Zesty Ranch

Rotini Pasta with your choice of  
Marinara Sauce or Alfredo Sauce.  
Served with Garlic Breadsticks and  
Roasted Vegetables

Waffles with your choice of fruit  
topping.

Crispy Chicken Nuggets with BBQ  
Sauce.

## SO DELI

Available Daily  
Build your own  
Sub, Wrap, or Flatbread

## grilled

Available Daily  
Build your own  
Burger or Chicken Sandwich\*

## BUILD pizza by design

Taco Pizza

BBQ Pizza

Supreme Pizza

Mushroom Pizza

Meatball Pizza

Available Daily: Pepperoni Pizza, Cheese Pizza



A full student lunch includes choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate. Menu is sub.

Lunch Prices Full Pay: \$2.85 Reduced Pay: \$0.40

Adult: \$5.25

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# What's on the Menu?

## Fruitport Elementary Menu January 20

Day 1	Day 2	Day 3	Day 4	Day 5
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### Breakfast

Free Breakfast for All Students

No School	Breakfast Round Served with Fresh Fruit	Cereal Assorted Cereal Bowls	Breakfast Pizza Sausage Breakfast Pizza	WG Pancakes Syrup
				

### Lunch

	<p><b>Quesadilla</b> Melted Cheese Folded in a Toasted WG Tortilla. Fresh Vegetables &amp; Fruit</p> <p><b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&amp;J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p><b>Omelet</b> Fluffy Eggs filled with Melted Cheese. Served with a Biscuit Fresh Vegetables &amp; Fruit</p> <p><b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&amp;J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p><b>Crispy Chicken Sandwich</b> Breaded Chicken Patty on WG Bun. Fresh Vegetables &amp; Fruit</p> <p><b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&amp;J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p><b>Grilled Cheese Sandwich</b> Curly Fries topped with a Creamy Cheese Sauce Fresh Vegetables &amp; Fruit</p> <p><b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&amp;J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>
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Lunch Prices  
 Full Pay: \$2.65  
 Reduced Pay: \$0.40  
 Adult: \$5.25

**BREAKFAST:** A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate. Menu is subject to change

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



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# What's on the Menu?

Fruitport Middle & High Schools: January 20

Monday

Tuesday

Wednesday

Thursday

Friday

## Breakfast

Free Breakfast for All Students

<p><b>No School</b></p>	<p><b>Breakfast Round</b> Served with Fresh Fruit</p> 	<p><b>Cereal</b> Assorted Cereal Bowls</p> 	<p><b>Breakfast Pizza</b> Sausage Breakfast Pizza</p>	<p><b>WG Pancakes</b> Syrup</p> 
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## STUDENT CHOICE FOOD YOUR WAY

Taco/Nacho Bar

Bosco Sticks

Pulled Pork BBQ Sandwich

Crispy Chicken Sandwich

Build your own Taco or Nacho plate with choice of Chicken, Beef, or Beans. Served with Salsa & Sour Cream

Breadsticks stuffed with Cheese and Pepperoni. Served with Marinara dipping cup.

Slow Roasted Pork shredded and tossed in a Sweet and Tangy BBQ Sauce. Served with Coleslaw

Breaded Chicken Patty on WG Bun

## SO DELI

Available Daily  
Build your own  
Sub, Wrap, or Flatbread

## grilled

Available Daily  
Build your own  
Burger or Chicken Sandwich\*

## BUILD pizza by design

BBQ Pizza

Supreme Pizza

Mushroom Pizza

BBQ Pizza

Available Daily: Pepperoni Pizza, Cheese Pizza

A full student lunch includes choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate. Menu is sub.

Lunch Prices Full Pay: \$2.85 Reduced Pay: \$0.40  
Adult: \$5.25

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# What's on the Menu?

## Fruitport Elementary Menu January 27

Day 1	Day 2	Day 3	Day 4	Day 5
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### Breakfast

Free Breakfast for All Students

<b>Breakfast Round</b> Served with Fresh Fruit 	<b>WG Pancakes</b> Syrup	<b>Cereal</b> Assorted Cereal Bowls 	<b>Breakfast Pizza</b> Sausage Breakfast Pizza	<b>Sausage Breakfast Sandwich</b> Sausage Patty and Buttermilk Biscuit
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### Lunch

<b>Bosco Sticks</b> Cheese filled Breadsticks with Marinara dipping sauce  <b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	<b>Chips &amp; Cheese</b> Tortilla Corn Chips, Cheese Sauce. Salsa cup optional. Fresh Vegetables & Fruit  <b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	<b>Breakfast Pizza</b> Sausage, Gravy, Shredded Cheese on Pizza Crust. Fresh Vegetables & Fruit  <b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	<b>Mac &amp; Cheese</b> Creamy Cheese Sauce with WG Pasta. Fresh Vegetables & Fruit  <b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	<b>Hot Dog</b> All Beef Frank on WG Bun. Fresh Vegetables & Fruit  <b>2nd Choice: PB&amp;J Fun Lunch</b> (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)
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Lunch Prices  
 Full Pay: \$2.65  
 Reduced Pay: \$0.40  
 Adult: \$5.25

**BREAKFAST:** A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate. Menu is subject to change

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



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# What's on the Menu?

Fruitport Middle & High Schools: January 27

Monday

Tuesday

Wednesday

Thursday

Friday

## Breakfast

Free Breakfast for All Students

### Breakfast Round

Served with Fresh Fruit

### WG Pancakes

Syrup



### Cereal

Assorted Cereal Bowls



### Breakfast Pizza

Sausage Breakfast Pizza

### Sausage Breakfast Sandwich

Sausage Patty and Buttermilk Biscuit



Popcorn Chicken & Mashed Potato Bowl

Popcorn Chicken over Mashed Potatoes and Corn. Covered in Chicken Gravy and served with a Biscuit

Taco/Nacho Bar

Build your own Taco or Nacho plate with choice of Chicken, Beef, or Beans. Served with Salsa & Sour Cream

Loaded Mac & Cheese

Load your Mac & Cheese up with choices of Bacon, Diced Chicken, Ham, Grilled Fajita Vegetables, and more!

Lasagna

Lasagna noodles stuffed with cheese and slathered in Marinara.

Stromboli

Always a favorite! Pizza Dough filled with Pepperoni, Ham, Turkey and Cheese. Baked until Golden Brown, served with a side of Marinara.

## SO DELI

Available Daily  
Build your own  
Sub, Wrap, or Flatbread

## grilled

Available Daily  
Build your own  
Burger or Chicken Sandwich\*



BBQ Pizza

Taco Pizza

Supreme Pizza

Mushroom Pizza

BBQ Pizza

Available Daily: Pepperoni Pizza, Cheese Pizza



A full student lunch includes choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate. Menu is sub.

Lunch Prices Full Pay: \$2.85 Reduced Pay: \$0.40  
Adult: \$5.25



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