

What's on the Menu?

Fruitport Elementary Menu November 4

Day 1	Day 2	Day 3	Day 4	Day 5
-------	-------	-------	-------	-------

Breakfast

Free Breakfast for All Students

Pancakes Syrup 	Assorted Cereal Bowl Yogurt Assorted Fresh Chilled Fruit 	Fruit Smoothie Yogurt blended with frozen Fruit Blend and a side of Granola 	Breakfast Pizza Sausage Breakfast Pizza	French Toast Sticks Syrup 
---	--	--	---	--

Lunch

Pepperoni & Cheese Pizza Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Walking Taco Beef Taco Meat over Corn Chips with Lettuce, Pico de Gallo, and Cheese Sauce. Salsa cup optional Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Waffles Buttermilk Waffles with Sausage Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Sweet & Sour Chicken Sweet & Sour Sauce tossed with Popcorn Chicken. Served with Fried Brown Rice. Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Corn Dog Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)
--	--	--	---	--

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.



This institution is an equal opportunity provider.

What's on the Menu?

Fruitport Middle & High Schools: November 4

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Free Breakfast for All Students

<p>WG Pancakes Syrup</p> 	<p>Cereal Bowl Yogurt Assorted Fresh Chilled Fruit</p> 	<p>Fruit Smoothie Yogurt blended with frozen Fruit Blend and a side of Granola</p> 	<p>Breakfast Pizza Sausage Breakfast Pizza</p>	<p>French Toast Sticks Syrup</p> 
---	---	---	---	---

STUDENT CHOICE FOOD YOUR WAY

<p>Turkey Gravy & Egg Noodles Rich Turkey Gravy over Tender Egg Noodles. Dinner Roll and Vegetables.</p>	<p>Taco/Nacho Bar Build your own Taco or Nacho plate with choice of Chicken, Beef, or Beans. Served with Salsa & Sour Cream</p>	<p>French Dip Hot Roast Beef on a Sub Bun with Provolone Cheese and a side of Au Jus (Beef Broth)</p>	<p>Ravioli Bar Choice of Marinara or Alfredo on Cheese Stuffed Ravioli</p>	<p>Stir-Fry Bar Orange Chicken or General Tso's with Fried Brown Rice</p>
---	--	--	---	--

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



Vegetarian



Locally Grown

This institution is an equal opportunity provider.

What's on the Menu?

Fruitport Elementary Menu November 11

Day 1	Day 2	Day 3	Day 4	Day 5
-------	-------	-------	-------	-------

Breakfast

Free Breakfast for All Students

<p>Waffles Buttermilk Waffles, Syrup</p> 	<p>Breakfast Bowl Scrambled eggs, Tater Tots and WG Biscuit topped with Shredded Cheddar Cheese</p>	<p>Fruit Smoothie Yogurt blended with frozen Fruit Blend and a side of Granola</p> 	<p>Sausage Breakfast Sandwich Sausage Patty and Buttermilk Biscuit</p>	<p>Bagel, Cream Cheese & Jelly Whole Grain Bagel with Cream Cheese and Assorted Jelly</p>
---	--	---	---	--

Lunch

<p>Fried Chicken Crispy Fried Chicken Fresh Vegetables & Fruit</p> <p>2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p>Walking Taco Beef Taco Meat over Corn Chips with Lettuce, Pico de Gallo, and Cheese Sauce. Salsa cup optional Fresh Vegetables & Fruit</p> <p>2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p>Mini Pancakes Mini Buttermilk Pancakes with Sausage Fresh Vegetables & Fruit</p> <p>2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p>Sloppy Joe Whole Grain Bun topped with a Tangy Ground Beef Sauce. Served with Tater Tots Fresh Vegetables & Fruit</p> <p>2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p>Alfredo Pasta Creamy Garlic Classic. Elbow Pasta in a creamy Alfredo Sauce Fresh Vegetables & Fruit</p> <p>2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>
--	---	---	--	--

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.

chartwells 
serving up happy & healthy

What's on the Menu?

Fruitport Middle & High Schools: November 11

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Free Breakfast for All Students

<p>Waffles Buttermilk Waffles, Syrup</p>	<p>Breakfast Bowl Scrambled eggs, Tater Tots and WG Biscuit topped with Shredded Cheddar Cheese</p>	<p>Fruit Smoothie Yogurt blended with frozen Fruit Blend and a side of Granola</p> 	<p>Sausage Breakfast Sandwich Sausage Patty and Buttermilk Biscuit</p>	<p>Bagel, Cream Cheese & Jelly Whole Grain Bagel with Cream Cheese and Assorted Jelly</p>
---	--	---	---	--

STUDENT CHOICE FOOD YOUR WAY

Buffalo Chicken Dip

Taco Salad

Pasta Bar

French Bread Pizza

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

Classic French Bread topped with
tomato sauce and Cheese.
Served with French Fries

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

chartwells
serving up happy & healthy



Vegetarian



Locally Grown

This institution is an equal opportunity provider.

What's on the Menu?

Fruitport Elementary Menu November 18

Day 1	Day 2	Day 3	Day 4	Day 5
-------	-------	-------	-------	-------

Breakfast

Free Breakfast for All Students

Breakfast Round Served with Fresh Fruit	WG Pancakes Syrup	Fruit Smoothie Yogurt blended with frozen Fruit Blend and a side of Granola	Breakfast Pizza Sausage Breakfast Pizza	WG Pancakes Syrup 
---	-----------------------------	---	---	--

Lunch

Bosco Sticks Cheese filled Bread Sticks with Marinara dipping sauce 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Walking Taco Tortilla Chips topped with Beef Taco Filling, Queso Blanco Fresh Pico de Gallo, shredded Lettuce and Cheese Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Chicken Tenders Crispy Chicken Tenders with BBQ dipping sauce. Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Chili Cheese Fries Curly Fries topped with a Creamy Cheese Sauce Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Crispy Chicken Sandwich Breaded Chicken Patty on WG Bun. Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)
--	---	---	---	---

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.



This institution is an equal opportunity provider.

What's on the Menu?

Fruitport Middle & High Schools: November 18

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Free Breakfast for All Students

Breakfast Round

Served with Fresh Fruit

WG Pancakes

Syrup

Fruit Smoothie

Yogurt blended with frozen Fruit Blend and a side of Granola

Breakfast Pizza

Sausage Breakfast Pizza

WG Pancakes

Syrup

STUDENT CHOICE

FOOD YOUR WAY

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

Grilled Ham & Cheese Sandwich

Ham & Cheese on WG Bread and Grilled until Golden Brown

Loaded Mac & Cheese

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

Crispy Chicken Sandwich

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

Taco Pizza

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

chartwells
serving up happy & healthy



Vegetarian



Locally Grown

This institution is an equal opportunity provider.




What's on the Menu?

Fruitport Elementary Menu November 25

Day 1	Day 2	Day 3	Day 4	Day 5
-------	-------	-------	-------	-------

Breakfast

Free Breakfast for All Students

Day 1	Day 2	Day 3	Day 4	Day 5
Bagel, Cream Cheese & Jelly Whole Grain Bagel with Cream Cheese and Assorted Jelly 	Buttermilk Waffles Buttermilk Waffles served with Syrup 	No School 	No School	No School

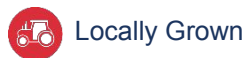
Lunch

Mini Corn Dog Mini Corn Dogs served with a Dinner Roll Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Quesadilla Flour Tortilla filled with shredded Cheese and Chicken. Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)			
---	---	--	--	--

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.



This institution is an equal opportunity provider.

What's on the Menu?

Fruitport Middle & High Schools: November 25

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Free Breakfast for All Students

Bagel, Cream Cheese & Jelly

Whole Grain Bagel with Cream Cheese and Assorted Jelly



Buttermilk Waffles

Buttermilk Waffles served with Syrup

No School

No School

No School



Chicken Tender Basket

Chicken Quesadilla

Breaded Chicken Tenders tossed in a sauce of your choice or plain. Served with Mashed Potatoes & Gravy

Seasoned Chicken and Shredded Cheese in a Flour Tortilla. Served with Salsa & Sour Cream

SO DELI

Available Daily
Build your own
Sub, Wrap, or Flatbread

grilled

Available Daily
Build your own
Burger or Chicken Sandwich*



Veggie 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



Vegetarian



Locally Grown

This institution is an equal opportunity provider.