

What's on the Menu?

Fruitport Elementary Menu October 1

Day 1	Day 2	Day 3	Day 4	Day 5
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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 
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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)	Corn Dog 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)
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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.



This institution is an equal opportunity provider.

What's on the Menu?

Fruitport Middle & High Schools: October 1

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> 
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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>
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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
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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 October 7

Day 1	Day 2	Day 3	Day 4	Day 5
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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>No School</p>
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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>	
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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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serving up happy & healthy

What's on the Menu?

Fruitport Middle & High Schools: October 7

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>No School</p>
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STUDENT CHOICE FOOD YOUR WAY

Buffalo Chicken Dip

Taco Salad

Pasta Bar

French Bread Pizza

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

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

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



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This institution is an equal opportunity provider.

What's on the Menu?

Fruitport Elementary Menu October 14

Day 1	Day 2	Day 3	Day 4	Day 5
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Breakfast

Free Breakfast for All Students

No School	No School	Fruit Smoothie	Breakfast Pizza	WG Pancakes
		Yogurt blended with frozen Fruit Blend and a side of Granola	Sausage Breakfast Pizza	Syrup 

Lunch

		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)
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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



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What's on the Menu?

Fruitport Middle & High Schools: October 14

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Free Breakfast for All Students

<p>No School</p>	<p>No School</p>	<p>Fruit Smoothie Yogurt blended with frozen Fruit Blend and a side of Granola</p> 	<p>Breakfast Pizza Sausage Breakfast Pizza</p>	<p>WG Pancakes Syrup</p> 
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STUDENT CHOICE FOOD YOUR WAY

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

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



Vegetarian



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What's on the Menu?

Fruitport Elementary Menu October 21

Day 1	Day 2	Day 3	Day 4	Day 5
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Breakfast

Free Breakfast for All Students

<p>Bagel, Cream Cheese & Jelly Whole Grain Bagel with Cream Cheese and Assorted Jelly</p> 	<p>Buttermilk Waffles Buttermilk Waffles served with Syrup</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>Cheese Omelet Soft Eggs folded over Colby Cheese. Served with a Buttermilk Biscuit</p>
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Lunch

<p>Mini Corn Dog Mini Corn Dogs served with a Dinner Roll Fresh Vegetables & Fruit</p> <p>2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p>Quesadilla Flour Tortilla filled with shredded Cheese and Chicken. Fresh Vegetables & Fruit</p> <p>2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p>School Pizza Classic School Pizza. Fresh Vegetables & Fruit</p> <p>2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p>Hot Dog Fresh Vegetables & Fruit</p> <p>2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)</p>	<p>Mac & Cheese Fresh Vegetables & Fruit</p> <p>2nd Choice: PB&J Fun Lunch (PB&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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serving up happy & healthy

What's on the Menu?

Fruitport Middle & High Schools: October 21

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

Fruit Smoothie

Yogurt blended with frozen Fruit Blend and a side of Granola



Sausage Breakfast Sandwich

Sausage Patty and Buttermilk Biscuit

Cheese Omelet

Soft Eggs folded over Colby Cheese. Served with a Buttermilk Biscuit



Chicken Tender Basket

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

Chicken Quesadilla

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

Sloppy Joe

Whole Grain Bun topped with a Tangy Ground Beef Sauce. Served with Tater Tots

Buffalo Chicken Dip

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

Loaded Mac & Cheese

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

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

Supreme Pizza

Mushroom Pizza



Sausage 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



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What's on the Menu?

Fruitport Elementary Menu October 28

Day 1	Day 2	Day 3	Day 4	Day 5
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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 Wrap Scrambled Eggs, Sausage and cheddar cheese wrapped in a tortilla	Bagel, Cream Cheese & Jelly Whole Grain Bagel with Cream Cheese and Assorted Jelly 
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Lunch

Ham & Cheese Sandwich Shaved Ham and American Cheese on a WG Bun 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)	Fiestada Pizza South of the Border spin on Pizza. Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Chicken Nuggets Crispy Chicken Nuggets with BBQ Sauce. Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Alfredo Pasta Creamy Garlic Classic. Elbow Pasta in a creamy Alfredo Sauce Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (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.



This institution is an equal opportunity provider.

What's on the Menu?

Fruitport Middle & High Schools: October 28

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 Wrap

Scrambled Eggs, Sausage and cheddar cheese wrapped in a tortilla

Bagel, Cream Cheese & Jelly

Whole Grain Bagel with Cream Cheese and Assorted Jelly



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

Alfredo Bar

Pasta topped with your choice of Popcorn Chicken or Diced Chicken and a Creamy Alfredo Sauce. Served with Garlic Breadsticks

Pulled Pork BBQ

Shredded Pork BBQ on WG Bun. Served with Tater Tots

Chicken Nuggets

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*



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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