

What's on the Menu?

Fruitport Elementary Menu January 8

Day 1	Day 2	Day 3	Day 4	Day 5
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Breakfast

Free Breakfast for All Students

Waffles Buttermilk Waffles, Sausage Patty	Scrambled Egg Bowl Scrambled eggs, Tater Tots and WG Biscuit topped with Shredded Cheddar Cheese	Fruit Smoothie Yogurt blended with frozen Fruit Blend and a side of Granola	Pancakes Tater Tots	Sausage Breakfast Sandwich Sausage Patty and Buttermilk Biscuit
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Lunch

Fried Chicken Crispy Fried Chicken Fresh Vegetables & Fruit	Walking Taco Beef Taco Meat over Corn Chips with Lettuce, Pico de Gallo, and Cheese Sauce. Salsa cup optional Fresh Vegetables & Fruit	Mini Pancakes Mini Buttermilk Pancakes with Sausage Fresh Vegetables & Fruit	Hot Dog Fresh Vegetables & Fruit	Mac & Cheese Fresh Vegetables & Fruit
2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	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.



Vegetarian



Locally Grown

This institution is an equal opportunity provider.

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serving up happy & healthy

What's on the Menu?

Fruitport Middle & High Schools: January 8

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Free Breakfast for All Students

Waffles

Buttermilk Waffles,
Sausage Patty

Breakfast Bowl

Scrambled eggs, Tater
Tots and WG Biscuit
topped with Shredded
Cheddar Cheese

Fruit Smoothie

Yogurt blended with
frozen Fruit Blend and a
side of Granola



Pancakes

Tater Tots



Sausage Breakfast Sandwich

Sausage Patty and
Buttermilk Biscuit



Fried Chicken

Crispy Fried Chicken Quarters.
Served with Mashed Potatoes and
Gravy, Coleslaw

Taco Salad

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

Waffles

WG Waffles, Sausage Patty, Tater
Tots

French Bread Pizza

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

Buffalo Chicken Dip

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

SO DELI

Available Daily
Build your own
Sub, Wrap, or Flatbread

grilled

Available Daily
Build your own
Burger or Chicken Sandwich*



Hawaiian 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



Vegetarian



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What's on the Menu?

Fruitport Elementary Menu January 15

Day 1	Day 2	Day 3	Day 4	Day 5
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Breakfast

Free Breakfast for All Students

No School Martin Luther King Jr. Day	Breakfast Wrap Scrambled Eggs, Sausage and cheddar cheese wrapped in a tortilla	Fruit Smoothie Yogurt blended with frozen Fruit Blend and a side of Granola 	Baked Cinnamon Apple Oatmeal Warm Oatmeal mixed with Cinnamon and Apple Slices 	WG Muffin Served with String Cheese 
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Lunch

	Burrito Bean and Cheese Burrito. Salsa cup optional Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	School Pepperoni Pizza Traditional Square Pizza Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Half Day	Half Day
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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 15

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Free Breakfast for All Students

No School

**Martin Luther
King Jr. Day**

Breakfast Wrap

Scrambled Eggs,
Sausage and cheddar
cheese wrapped in a
tortilla

Fruit Smoothie

Yogurt blended with
frozen Fruit Blend and a
side of Granola



**Baked Cinnamon
Apple Oatmeal**

Warm Oatmeal mixed
with Cinnamon and
Apple Slices



WG Muffin

Served with String
Cheese



**STUDENT
CHOICE**
FOOD YOUR WAY

Taco/Nacho Bar

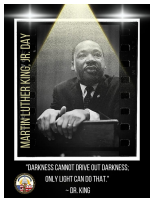
Build your own Taco or Nacho
plate with choice of Chicken, Beef,
or Beans.
Served with Salsa & Sour Cream

School Pizza

Traditional Square Pizza. Served
with Tater Tots

Half Day

Half Day



**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

Bacon Cheeseburger 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 22

Day 1	Day 2	Day 3	Day 4	Day 5
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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	Assorted Cereal Bowl Yogurt Assorted Fresh Chilled Fruit 
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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)	Classic Cheeseburger American Cheese on an All-Beef Patty. Served with Tater Tots Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Hot Dog Fresh Vegetables & Fruit 2nd Choice: PB&J Fun Lunch (PB&J, String Cheese, Crackers, Fruit, Vegetable, Milk)	Chicken Alfredo Pasta Rotini Pasta tossed in creamy Alfredo Sauce with diced Chicken 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.



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What's on the Menu?

Fruitport Middle & High Schools: January 22

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

Chicken & Waffle Breakfast Sandwich

Waffles and a Crispy Chicken Patty with American Cheese.



Corn Dog Basket

Chicken Quesadilla

Sloppy Joe

Buffalo Chicken Dip

Hamburger Or Hot Dog Bar

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

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

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

Choice of Hamburger or Hot Dog. Served with Fries

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



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 29

Day 1	Day 2	Day 3	Day 4	Day 5
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Breakfast

Free Breakfast for All Students

Pancakes Tater Tots 	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 
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Lunch

Hamburger All-Beef Patty. Served with Tater Tots 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

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What's on the Menu?

Fruitport Middle & High Schools: January 29

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Free Breakfast for All Students

WG Pancakes

Sausage, Tater Tots



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



STUDENT CHOICE FOOD YOUR WAY

Chili Cheese Fries

French Fries topped with a
Creamy Cheese Sauce and choice
of diced vegetables.

Taco/Nacho Bar

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

Popcorn Chicken & Mashed Potato Bowl

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

Ravioli Bar

Choice of Marinara or Alfredo on
Cheese Stuffed Ravioli

Stir-Fry Bar

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

Taco Pizza

Bacon Cheeseburger 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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