This institution is an equal opportunity provider and employer.

Kalkaska Public Schools

KALKASKA HIGH SCHOOL OCTOBER 2023 MENU

LOCAL HARVEST OF THE MONTH
APPLES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Oct 1. Cook's Choice 2. Fr. Tst. w/ Sausage or Omelet 3. Turkey & Cheese Wrap 4. Gr. Chicken Salad Vegetable / Fruit	**3-Oct** 1. Spicy or Reg. Chicken Patty w/ 2. Mini Corn Dogs 3. Cold Cut Sub 4. Gr. Chicken Salad 5. PB & J Snack Packs Sweet Potato Puff/Fruit	**4-Oct** 1. BC Pizza 2. Spaghetti w/ Meat Sauce 3. Ham & Cheese Sub 4. Gr. Chicken Salad Oven roasted Broccoli/Fruit	**5-Oct** 1. Chicken Sticks & Roll (15) 2. Cheeseburger w/ WG Bun 3. Turkey Bistro Wrap 4. Gr. Chicken Salad 5. PB & J Snack Packs Vegetable / Fruit	**6-Oct** 1. Cheese Bosco Sticks 2. Orange Chicken w/ Rice 3. Turkey BLT Wrap 4. Taco Salad Baked Beans
9-Oct 1. Stromboli 2. Beef Philly Sub 3. Turkey & Cheese Wrap 4. Chicken Caesar Salad Vegetable / Fruit	**11-Oct** 1. Spicy or Reg. Chicken Patty w/ 2. Beef Bites/WG Roll 3. Roast Beef & Cheddar Wrap 4. Chicken Caesar Salad 5. PB & J Snack Packs Vegetable / Fruit	**12-Oct** 1. BC Pizza 2. Mac & Cheese 3. Ham & Swiss Sub 4. Chicken Caesar Salad Broccoli	**13-Oct** 1. Breaded Chicken Legs 2. Sloppy Joe w/ Bun 3. Ham & Cheese Wrap 4. Chicken Caesar Salad 5. PB & J Snack Packs Vegetable / Fruit	**14-Oct** 1. Pepperoni Bosco Sticks 2. Tangerine Chix w/ WG Rice 3. Italian Sub 4. Taco Salad Baked Beans
16-Oct 1. Chicken Quesadilla 2. Fr. Tst. w/ Sausage or Omelet 3. Ham & Cheese Wrap 4. Gr. Chix Salad Vegetable / Fruit	**17-Oct** 1. Spicy or Reg. Chicken Patty w/ 2. Mini Corn Dogs 3. Gr. Chicken Veggie Wrap 4. Gr. Chix Salad 5. PB & J Snack Packs Oven Baked Fries	**18-Oct** 1. BC Pizza 2. Lasagna w/ Meat Sauce 3. Chicken Caesar Wrap 4. Gr. Chix Salad Broccoli	**19-Oct** **1/2 Day** **Breakfast Only** **&** **Sack Lunch** (Ham & Cheese Sub)	**20-Oct** **1/2 Day** **Breakfast Only** **&** **Sack Lunch** (Turkey & Cheese Wrap)
23 1. Meatloaf w/ Mashed Potatoes 2. Meatball Sub 3. It. Sub 4. Chef Salad Vegetable / Fruit	24 1. Spicy or Reg. Chicken Patty w/ 2. Beef Bites/WG Roll 3. Ham & Cheese Wrap 4. Chef Salad 5. PB & J Snack Packs Oven Baked Fries	25 1. BC Pizza 2. Slim Jim Sandwich 3. Turkey & Cheese Sub 4. Chef Salad WG Bread Stick Streamed Broccoli/ Fruit	26 1. Chicken Nuggets 2. Hamburger w/ Bun 3. Roast Beef & Cheddar Wrap 4. Chef Salad 5. PB & J Snack Packs Mashed Potato/Fruit	27 1. Pepperoni Bosco Sticks 2. Sweet & Sour Chix w/ Rice 3. Warm Ham & Cheese Bagel 4. Taco Salad Baked Beans
30-Jan 1. Cook's Choice 2. Fr. Tst. w/ Sausage or Omelet 3. Turkey & Cheese Wrap 4. Gr. Chicken Salad Vegetable / Fruit	**31-Jan** 1. Spicy or Reg. Chicken Patty w/ bun 2. Mini Corn Dogs 3. Cold Cut Sub 4. Gr. Chicken Salad 5. PB & J Snack Packs Sweet Potato Puff/Fruit	**1-Nov** **NO SCHOOL**	**2-Nov** 1. Chicken Sticks & Roll (15) 2. Cheeseburger w/ WG Bun 3. Turkey Bistro Wrap 4. Gr. Chicken Salad 5. PB & J Snack Packs Vegetable / Fruit	**3-Nov** 1. Cheese Bosco Sticks 2. Big Daddy Pepperoni Pizza 3. Turkey BLT Wrap 4. Taco Salad Baked Beans

BREAKFAST SERVED DAILY IN THE CAFETERIA FROM 7:30 AM - 7:55 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bagel/Muffin Breakfast Sandwich Breakfast Pizza Cereal & 1 Grain/Yogurt	Bagel/Muffin Breakfast Sandwich French Toast w/ Sausage Cereal & 1 Grain/Yogurt	Bagel/Muffin Breakfast Sandwich Pancake Wrap Cereal & 1 Grain/Yogurt	Bagel/Muffin Breakfast Sandwich Breakfast Casserole Cereal & 1 Grain/Yogurt	Bagel/Muffin Breakfast Sandwich Donut or cinn. Roll w/St. Cheese Cereal & 1 Grain/Yogurt

All breakfast meals come with a fruit or juice and fat free chocolate or 1% white milk.

Menu subject to change with notice