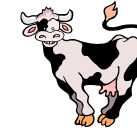




OCTOBER 2025

Lunch Menu - Kalkaska and Rapid City Elementary Schools



We serve
PRAIRIE FARMS
Non fat chocolate
or 1% White Milk
at every meal

Kalkaska Public Schools
at all our schools.

What makes a Lunch?
5 Components

Fruits, Vegetables, Protein
Grains, Milk

Select all 5 different components

What makes a fruit a fruit?
Fruits are generally sweet
and have seeds on the inside.

Trees



Apples
Oranges
Cherries

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pizza Bites Apple Salad Milk Choice	2 Chicken Nuggets Oranges Cucumbers Milk Choice	3 Hot Dogs w/ WG Bun French Fries / Fruit Steamed Mixed Veggies Milk Choice
Birch Street/KUE 2nd Choice ALL WEEK 1: Meat Sliders				
6 BC Pizza Garden Salad Fresh Fruit Cookie Milk Choice	7 Hamburgers w/ WG Bun Baked Chips Fruit & Veggie Milk Choice	8 Spaghetti w/ Meat Sauce WG Bread Stick Steamed Broccoli Mixed Fruit / Fresh Fruit Milk Choice	9 Chicken Tenders w/ WG Roll Fresh Cauliflower Chilled Pineapple Milk Choice	10 H/M Mac & Cheese Steamed Peas Fresh Apple Milk Choice
Birch Street/ KUE 2nd Choice ALL WEEK 2: Ham & Cheese Slider				
13 French Toast Cheese Omelet Hash Browns Applesauce Milk Choice	14 Cheese Bosco Sticks Steamed Carrots Chilled Peaches Milk Choice	15 Chicken Quesadilla Refried beans Romaine Lettuce Fruit Milk Choice	16 Calzones Steamed California Blend Fresh Fruit Milk Choice	17 Breaded Chicken Legs WG Dinner Roll Fruit Fresh veggies Milk Choice
Birch Street/KUE 2nd Choice ALL WEEK 3: Ham Lunchable				
20 BC Pizza Garden Salad Fresh Grapes Bread Stick Milk Choice	21 Meat Loaf Mashed Potatoes Corn Chilled Peaches/Fresh Fruit Milk Choice	22 BBQ Chicken Butter Noodles Fresh Banana/ Mixed Fruit Fresh Veggies Milk Choice	23 Half Day Breakfast & Sack Lunch (Ham & Cheese Croissant) Milk Choice	24 NO SCHOOL
Birch Street / KUE 2nd Choice ALL WEEK 4: Turkey & Cheese Lunchable				
27 Grilled Cheese Sandwich Tomato Soup Fruit & Veggies Milk Choice	28 Chicken Patty w/ WG Bun Potato Smiles Fruit Baked Beans Milk Choice	29 French Bread Pizza Apples Garden Salad Milk Choice	30 Chicken Nuggets Corn Bread Loaf Oranges/Cucumbers Milk Choice	31 Lasagna w/ Meat Sauce Steamed Broccoli Fresh Fruit Milk Choice
Birch Street/ KUE 2nd Choice All WEEK5: Breakfast pack				

USDA is an equal
opportunity provider and
employer.

BREAKFAST MENU

Menu subject to change
without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast/Sausage Cereal & String Cheese 100 % Fruit Juice Fresh Fruit 1% or Skim Milk Choice	Waffle or Pancakes Cereal & Hard Boiled Egg Applesauce Cup Fresh Fruit 1% or Skim Milk Choice	Breakfast Pizza Cereal & String Cheese Pineapple cup Fresh Fruit 1% or Skim Milk Choice	1/2 Eng. Muffin/Ch. Omelet Cereal & Hard Boiled Egg Banana Fresh Fruit 1% or Skim Milk Choice	Banana Bread or Donut or Cinn. Roll Cereal & String Cheese 100 % Fruit Juice Fresh Fruit 1% or Skim Milk Choice



PLANTS

VINES



