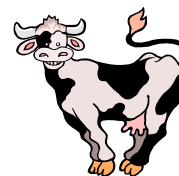




NOVEMBER 2023 ELEMENTARY SCHOOL MENU

USDA is an equal opportunity provider & employer

Menu subject to change without notice.



We serve

Prairie Farms

1% chocolate or
1% White Milk at
every meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30-Oct Mini Calzone Fresh Broccoli Chilled Mixed Fruit Milk Choice	31-Oct Chicken Patty w/ WG Bun Fresh Carrots Chilled Pears Milk Choice	1-Nov NO SCHOOL	2-Nov Hamburger w/ WG Bun Baked Beans Chilled Peaches Milk Choice	3-Nov Pepperoni Pizza Fresh Garden Salad Strawberry Cup Milk Choice
Birch Street / KUW 2nd Choice ALL WEEK 1: Turkey & Cheese Sandwich				
6-Nov BC Pizza Garden Salad Fresh Apples Cookie	7-Nov Mini Corndog Nuggets Smiley Potatoes Chilled Peaches	8-Nov Spaghetti w/ Meat Sauce WG Bread Stick Steamed Broccoli Mixed Fruit	9-Nov Chicken Sticks w/ WG Roll Fresh Carrots Chilled Pineapple	10-Nov Gr. Cheese Sandwich Tomato Soup Green Beans Fresh Apple
Birch Street / KUE 2nd Choice ALL WEEK 2: Ham & Cheese Wrap				
13-Nov French Toast Cheese Omelet Tator Tots Applesauce Milk Choice	14-Nov Hot Dog w/ WG Bun Potato Salad Orange Wedges Milk Choice	15-Nov H/M Mac & Cheese Green Peas Michigan Blend Fruit Cinn. Goldfish cracker Milk Choice	16-Nov Turkey w/ Gravy Mashed Potato Corn / Cornbread Stuffing/ Applesauce Pumpkin Mousse	17-Nov Salisbury Steak Mashed Potato Grapes WG Dinner Roll Milk Choice
Birch Street/KUE 2nd Choice ALL WEEK 3: Ham Lunchable				
20-Nov BC Pizza Garden Salad Mixed Fruit Milk Choice	21-Nov Chicken Nuggets WG Dinner Roll Corn Pineapple Tidbits Milk Choice	22-Nov NO SCHOOL STAFF & STUDENTS	23-Nov Happy Thanksgiving	24-Nov NO SCHOOL
Birch Street / KUE 2nd Choice ALL WEEK 4: Turkey Lunchable				
27-Nov Hot Dog w/Bun Oven Baked French Fries Baked Beans Orange Sidekicks Milk Choice	28-Nov Chicken Patty w/ WG Bun Fresh Carrots Chilled Pears Milk Choice	29-Nov Beef Bites w/ WG Roll Mashed Potato Mandarin Oranges Milk Choice	30-Nov Hamburger w/ WG Bun Baked Beans Chilled Peaches Milk Choice	1-Dec 1/2 Day Breakfast & Sack Lunch

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza Cereal & String Cheese 100% Fruit Juice 1% or Skin Milk Choice	Vaffles or Pancakes w/ Sausag Cereal Hard & Boiled Egg Applesauce Cup 1% or Skin Milk Choice	French Toast Cereal & String Cheese Mixed Fruit 1% or Skin Milk Choice	Pancake Wraps Cereal Hard & Boiled Egg Banana 1% or Skin Milk Choice	Donut or Cinn. Roll Cereal & String Cheese 100% Fruit Juice 1% or Skin Milk Choice

Kalkaska Public Schools
serves free breakfast and lunch
at all of our Schools.

What makes a Lunch?
5 Components

Fruits, Vegetables, Protein
Grains, Milk

Select 3 - 5 different components
Must include a fruit or vegetable

What makes a fruit a fruit?

Fruits are generally sweet
and have seeds on the inside.

Where do they grow?

Trees



Apples
Oranges
Cherries
Bananas
Pears

VINES

Watermelon
Kiwis Grapes
Cantaloupe



