



# October 2026



## KALKASKA ELEMENTARY SCHOOL MENU

We serve  
**PRAIRIE FARMS**  
No fat chocolate or  
1% White Milk at  
every meal

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

| MONDAY                                                                                         | TUESDAY                                                                                                  | WEDNESDAY                                                                                       | THURSDAY                                                                                           | FRIDAY                                                                        |
|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| <b>5</b><br>Pulled Pork/WG Bun<br>Carrots<br>Peach Cup<br><br>Milk Choice                      | <b>6</b><br>Mini Ravioli/Meat Sauce<br>Broccoli<br>Michigan Apple<br><br>Milk Choice                     | <b>7</b><br>Popcorn Chicken<br>Crinkle Cut Fries<br>Orange Wedges<br><br>Milk Choice            | <b>8</b><br>Mini Calzones<br>Corn<br>Applesauce<br><br>Milk Choice                                 | <b>9</b><br>Hot Dog/WG Bun<br>Baked Beans<br>Chilled Pears<br><br>Milk Choice |
| <b>2nd Choice ALL WEEK 1: PB&amp;J Snack Pack</b>                                              |                                                                                                          |                                                                                                 |                                                                                                    |                                                                               |
| <b>12</b><br>Mac and Cheese<br>Broccoli<br>Fruit Mix<br><br>Milk Choice                        | <b>13</b><br>Nachos/Meat Sauce<br>Lettuce/Salsa<br>Cheese/Refried Beans<br>Michigan Apple<br>Milk Choice | <b>14</b><br>Beef Bites<br>Mashed Potatoes<br>WG Dinner Roll<br>Pineapple<br>Milk Choice        | <b>15</b><br>Spaghetti/Meat Sauce<br>WG Breadstick<br>Cucumbers<br>Mandarin Oranges<br>Milk Choice | <b>16</b><br>Grilled Cheese<br>Tomato Soup<br>Banana<br><br>Milk Choice       |
| <b>2nd Choice ALL WEEK 2: Chicken Patty/WG Bun</b>                                             |                                                                                                          |                                                                                                 |                                                                                                    |                                                                               |
| <b>19</b><br>Pepperoni French Bread<br>Pizza<br>Sweet Potato Fries<br>Peach Cup<br>Milk Choice | <b>20</b><br>Mini Corn Dogs<br>Broccoli<br>Chilled Pears<br>Michigan Apple<br>Milk Choice                | <b>21</b><br>Breaded Chicken Leg<br>Baked Beans<br>Potato Salad<br>Orange Wedges<br>Milk Choice | <b>22</b><br><br><b>1/2 Day<br/>Breakfast<br/>&amp;<br/>Sack Lunch</b>                             | <b>23</b><br><br><b>NO<br/>SCHOOL</b>                                         |
| <b>2nd Choice ALL WEEK 3: Chicken Nuggets</b>                                                  |                                                                                                          |                                                                                                 |                                                                                                    |                                                                               |
| <b>26</b><br>BC Pizza<br>Broccoli<br>Fruit Mix<br><br>Milk Choice                              | <b>27</b><br>Beef Taco<br>Lettuce/Salsa<br>Cheese/Refried Beans<br>Michigan Apple<br>Milk Choice         | <b>28</b><br>Chicken Tenders<br>Tater tots<br>Pineapple<br><br>Milk Choice                      | <b>29</b><br>Pulled Pork/WG Bun<br>Carrots<br>Applesauce<br><br>Milk Choice                        | <b>30</b><br>Cheeseburger/WG Bun<br>Corn<br>Chilled Pears<br><br>Milk Choice  |
| <b>2nd Choice ALL WEEK 4: Ham and Cheese Croissant</b>                                         |                                                                                                          |                                                                                                 |                                                                                                    |                                                                               |

USDA is an equal  
opportunity  
provider and employer.

### BREAKFAST OFFERED DAILY IN CAFETERIA

Menu subject to  
change without notice.

| MONDAY                                                                                     | TUESDAY                                                                  | WEDNESDAY                                                                     | THURSDAY                                                                    | FRIDAY                                                                     |
|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------|
| Waffle or Pancake w/ Egg Patty<br>Cereal & String Cheese<br>Fruit of Choice<br>Milk Choice | Breakfast Pizza<br>Cereal & Hard Boiled Egg<br>100% Juice<br>Milk Choice | Blueberry Parfait<br>Cereal & String Cheese<br>Fruit of Choice<br>Milk Choice | Pancake Wraps<br>Cereal & Hard Boiled Egg<br>Fruit of Choice<br>Milk Choice | Donut or Cinn. Roll<br>Cereal & String Cheese<br>100% Juice<br>Milk Choice |

**What makes a Lunch?**  
5 Components  
**Fruits, Vegetables, Protein**  
**Grains, Milk**

Select 3 of 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?**

Apples  
Oranges  
Cherries  
Bananas  
Pears  
Plums



**Trees**

Cantaloupe



**PLANTS**



Blueberry  
Pineapple  
Strawberry  
Tomato