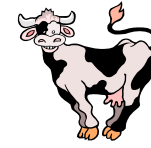




October 2025

KECLC Menu



We serve
PRARIE FARMS
fat free chocolate
or 1% White Milk at
every meal

Kalkaska Public Schools
Serves free breakfast and lunch
at all our Schools.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Oct Chicken Nuggets Mashed Potatoes WG Roll Fruit / Veggie Milk Choice	2-Oct Hamburger w/ WG Bun Baked Beans Fruit & Veggie Milk Choice	3-Oct Chicken Tenders Potato Smiles Fruit & Veggie Whole Grain Milk Choice
6-Oct Max Sticks Italian Salad Fruit/ Veggie Marinara Sauce Milk Choice	7-Oct Spaghetti w/ Meat Sauce Garden Salad WG Bread Stick Fruit Milk Choice	8-Oct Chicken Nuggets Tater Tots Corn Bread Fruit & Veggie Milk Choice	9-Oct French Bread Pizza Cucumbers w/Dressing Fruit Milk Choice	10-Oct French Toast Scrambled Eggs Applesauce Fresh Vegetable Milk Choice
13-Oct Beef Bites Butter Noodles Fruit & Veggie 1 % White Milk	14-Oct BC Pizza Garden Salad Fruit 1 % White Milk	15-Oct Chicken Tenders Pasta Salad Fruit & Veggie 1 % White Milk	16-Oct Nachos w/ Meat Sauce Lettuce, Tomatoe & Cheese Refried Beans Fruit / Chip / Salsa	17-Oct Pizza Crunchers Baked fries Fruit & Veggies
20-Oct Pancakes Cheese Omelet Apple Sauce Tomato Slices 1 % White Milk	21-Oct Grilled Cheese Sandwich Tomato Soup Fresh Oranges 1 % White Milk	22-Oct Chicken Sandwich Baked Fries Fruit & Veggie Garlic bread ** 1 % White Milk	23-Oct 1/2 Day Breakfast and Sack Lunch 1 % White Milk	24-Oct NO SCHOOL
27-Oct Sloppy Joes W/WG Bun Tots Fruit & Veggie 1 % White Milk	28-Oct BC Pizza Garden Salad Fruit 1 % White Milk	29-Oct Chicken Nuggets Steamed Broccoli Fruit & Veggie 1 % White Milk	30-Oct Cheeseburger w/ WG Bun Lettuce Baked Beans Fresh Banana 1 % White Milk	31-Oct 1 % White Milk

* Meat/Meat Alternative

** Whole Grains

5 Components
Fruits, Vegetables, Protein
Grains, Milk

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



and Pastas are at least
51% whole grain - WG

Menu subject to change
with out notice.

This institution is an
equal opportunity
provider.

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal / Yogurt Fruit / Milk	French Toast / Sausage Fruit / Milk	Waffles or Pancakes Omelet Fruit / Milk	1/2 English Muffin Egg Patty w/ Cheese Fruit / Milk	Cereal Hard Boiled Egg Fruit / Milk

