



# Houghton Portage Township Schools

2024 Weeks: 9/2, 10/14, 11/25  
2025 Weeks: 1/6, 2/17, 3/31, 5/12

Week 1 Cycle Menu  
Grades K-12

# 1

**Today's Entrée Choices (choose one) -all of these meals come with the healthy fruit and vegetable bar**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>V-Vegetable Lasagna</b> roasted pepper, squash, and onion, layered with cheese and sauce served with WG garlic bread and a WG mini Rice Krispies Treat	<b>Chicken Fajita</b> on a WG soft flour tortilla shredded cheddar cheese (optional) sour cream pkg	<b>Hot Dog</b> V-WG macaroni and cheese with a hot dog on a WG bun	<b>Chicken Tenders and Waffles</b> both whole grain	<b>V-WG Bosco Sticks</b> cheese stuffed breadsticks with marinara dipping sauce
<b>WG Pizza Calzone</b> on whole wheat crust (cheese-V or pepperoni*)	<b>Beef Taco</b> on a WG soft flour tortilla shredded cheddar cheese (optional) sour cream pkg	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>Grilled Honey BBQ Beef Rib Patty</b> on WG bun	<b>WG Tangerine Chicken Stir-Fry</b> with stir-fry vegetables and brown rice
<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>

*All menus are subject to change based on availability*



**Choose at least 1/2 cup serving from today's healthy fruit and vegetable bar!**

Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber slices sweet pepper medley fresh broccoli bites fresh orange wedges awesome apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber coins red pepper or mini sweet peppers fresh broccoli bites chilly cool oranges crispy apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cool as a cucumber rainbow peppers fresh broccoli bites orange smiles delicious red apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots crunchy cucumber red pepper or mini sweet peppers fresh broccoli bites orange wedges an apple a day keeps the doctor away	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cucumber spears sweet pepper medley fresh broccoli bites sunshine filled orange fresh apple
French Fries Peaches in light syrup	Refried Pinto Beans and Cheese Pears	Steamed Peas and Carrots Cook's Choice seasonal fresh fruit	Mashed Potato & Chicken Gravy Fruit Cocktail in light syrup	Celery Sticks Sidekicks Slushy Fruit Juice Cup
<b>Power Packed Milk</b>	<b>Vitamin Rich Milk</b>	<b>Mighty Milk</b>	<b>Frosty Milk</b>	<b>Power Up Milk</b>

## NOTES FOR PARENTS AND STUDENTS

Menu abbreviations: V=vegetarian, WG= whole grain, \*=contains pork  
Every complete meal we serve comes with your choice of a 8 oz carton of fat free skim milk or TruMoo 1% chocolate milk

### Schedule

Breakfast:

- K/5th- 7:45-8:15
- 6th/12th- 7:45-8:10

Lunch:

- Y5/K- 10:55-11:15
- 1st- 11:30-11:50
- 2nd- 11:25-11:45
- 3rd- 12:00-12:20
- 4th- 12:05-12:25
- 5th- 12:35-12:55
- 6th- 11:30-12:00
- 7th/8th- 11:04-11:36
- 9th/12th- 12:03-12:33

### Prices

Students:

- For the 2024-2025 school year, complete meals will be free thanks to the Michigan School Meals program
- 2nd meal prices:
  - Breakfast K/12- \$2.00
  - Lunch K/5- \$3.00
  - Lunch 6/12- \$3.25
- Extra milk or milk only without a complete meal K/12 is \$0.50

Adults:

- Breakfast: \$3.50
- Lunch: \$5.25
- Salad bar or entree only: \$4.00

### Yogurt Lunch:

- Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables
- Choose white or chocolate milk

### Application

Although meals are free to all students, please fill out the meal application to keep state funding for our school and summer EBT. Submit your meal application online at [houghtonportage.familyportal.cloud](http://houghtonportage.familyportal.cloud). You can also pick up a paper application at any HPTS office.

### Reminders:

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- Grades 6-12, check out our Gremlin Café Menu
- Students must have a positive balance on their lunch account to purchase a la carte items.
- Michigan School Meals must consist of 3 components (1/2 c equivalent of fruit or vegetable AND 2 more of the following components: meat/meat alternate, grain, milk) to qualify for the free program. Without all 3 components, students will be charged at higher a la carte prices since the meal will not qualify as a Michigan School Meal.



Thank You for participating in the Breakfast and Lunch Programs ...Have a GREAT School Year...Shelby Turnquist FSD and Kitchen Crew

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# Houghton Portage Township Schools

2024 Weeks: 9/9, 10/21, 12/2  
2025 Weeks: 1/13, 2/24, 4/7, 5/19

Week 2 Cycle Menu  
Grades K-12

# 2

**Today's Entrée Choices (choose one) -all of these meals come with the healthy fruit and vegetable bar**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Beef Italian Meatballs</b> and spaghetti sauce served over pasta parmesan cheese pkg (optional)	<b>Build Your Own Fiesta Nachos</b> the fixins- beef & WG tortilla pieces hot cheese sauce Top it off with some vegetables from the Healthy Fruit & Veggie Bar sour cream pkg (optional)	<b>Tuna Macaroni Salad</b> pasta tossed with tuna in a creamy sauce with peas and onions	<b>BBQ Chicken Sandwich</b> boneless chicken breast baked in BBQ sauce on a WG bun	<b>V-WG French Toast Sticks</b> served with a side of sausage, egg patty and syrup cup
<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>Chicken Sandwich</b> WG breaded chicken patty on a WG hamburger bun	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>WG Popcorn Chicken</b> with WG buttermilk biscuit	<b>Fruit and Yogurt Parfait</b> hard boiled egg bag of WG pretzel twists WG muffin
<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>
<b>All menus are subject to change based on availability</b>				
<b>Choose at least 1/2 cup serving from today's healthy fruit and vegetable bar!</b>				
Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber slices sweet pepper medley fresh broccoli bites fresh orange wedges awesome apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber coins red pepper or mini sweet peppers fresh broccoli bites chilly cool oranges crispy apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cool as a cucumber rainbow peppers fresh broccoli bites orange smiles delicious red apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots crunchy cucumber red pepper or mini sweet peppers fresh broccoli bites orange wedges an apple a day keeps the doctor away	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cucumber spears sweet pepper medley fresh broccoli bites sunshine filled orange fresh apple
Prince Charles Blend Applesauce	Seasoned Black Beans Strawberries	Crispy Baby Carrots Cook's Choice seasonal fresh fruit	Mashed Potato & Chicken Gravy Fruit Cocktail in light syrup	Crispy Oven Baked Potato Cubes Pears
Power Packed Milk	Vitamin Rich Milk	Mighty Milk	Frosty Milk	Power Up Milk

## NOTES FOR PARENTS AND STUDENTS

Menu abbreviations: V=vegetarian, WG= whole grain, \*=contains pork  
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### Schedule

- Breakfast:
- K/5th- 7:45-8:15
  - 6th/12th- 7:45-8:10

- Lunch:
- Y5/K- 10:55-11:15
  - 1st- 11:30-11:50
  - 2nd- 11:25-11:45
  - 3rd- 12:00-12:20
  - 4th- 12:05-12:25
  - 5th- 12:35-12:55
  - 6th- 11:30-12:00
  - 7th/8th- 11:04-11:36
  - 9th/12th- 12:03-12:33

### Prices

Students:

- For the 2024-2025 school year, complete meals will be free thanks to the Michigan School Meals program
- 2nd meal prices:
  - Breakfast K/12- \$2.00
  - Lunch K/5- \$3.00
  - Lunch 6/12- \$3.25
- Extra milk or milk only without a complete meal K/12 is \$0.50

Adults:

- Breakfast: \$3.50
- Lunch: \$5.25
- Salad bar or entree only: \$4.00

### Yogurt Lunch:

- Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables
- Choose white or chocolate milk

### Application

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# Houghton Portage Township Schools

2024 Weeks: 9/16, 10/28, 12/9  
2025 Weeks: 1/20, 3/3, 4/14, 5/26

Week 3 Cycle Menu  
Grades K-12

# 3

**Today's Entrée Choices (choose one) -all of these meals come with the healthy fruit and vegetable bar**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Dog</b> on WG bun with WG macaroni and cheese	<b>Spaghetti with Homemade Beef Sauce</b> over pasta optional condiment: parmesan cheese	<b>Hammie Sammie</b> hot ham and cheese sandwich American cheese on WG hamburger bun	<b>WG Chicken Nuggets</b> with WG honey dinner roll	<b>V-Grilled Cheese Sandwich</b> on WG honey wheat bread
<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>WG Corn Dog</b> with a honey crunchy batter	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>Baked Ham</b> served with WG dinner roll and WG goldfish crackers	<b>Chef Salad</b> diced turkey or turkey ham, boiled egg, lettuce, veggies, shredded cheddar, WG garlic croutons and WG breadstick
<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>

*All menus are subject to change based on availability*



**Choose at least 1/2 cup serving from today's healthy fruit and vegetable bar!**

Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber slices sweet pepper medley fresh broccoli bites fresh orange wedges awesome apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber coins red pepper or mini sweet peppers fresh broccoli bites chilly cool oranges crispy apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cool as a cucumber rainbow peppers fresh broccoli bites orange smiles delicious red apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots crunchy cucumber red pepper or mini sweet peppers fresh broccoli bites orange wedges an apple a day keeps the doctor away	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cucumber spears sweet pepper medley fresh broccoli bites sunshine filled orange fresh apple
Baked Beans Peaches in Light Syrup	Crunchy Broccoli Buds Fruit Cocktail in light syrup	French Fries Cook's Choice seasonal fresh fruit	Mashed Potato & Chicken Gravy Cantaloupe	Chicken Noodle Soup Carrot Sticks Applesauce
Power Packed Milk	Vitamin Rich Milk	Mighty Milk	Frosty Milk	Power Up Milk

## NOTES FOR PARENTS AND STUDENTS

Menu abbreviations: V=vegetarian, WG= whole grain, \*=contains pork  
Every complete meal we serve comes with your choice of a 8 oz carton of fat free skim milk or TruMoo 1% chocolate milk

### Schedule

- Breakfast:
- K/5th- 7:45-8:15
  - 6th/12th- 7:45-8:10
- Lunch:
- Y5/K- 10:55-11:15
  - 1st- 11:30-11:50
  - 2nd- 11:25-11:45
  - 3rd- 12:00-12:20
  - 4th- 12:05-12:25
  - 5th- 12:35-12:55
  - 6th- 11:30-12:00
  - 7th/8th- 11:04-11:36
  - 9th/12th- 12:03-12:33

### Prices

- Students:
- For the 2024-2025 school year, complete meals will be free thanks to the Michigan School Meals program
  - 2nd meal prices:
    - Breakfast K/12- \$2.00
    - Lunch K/5- \$3.00
    - Lunch 6/12- \$3.25
  - Extra milk or milk only without a complete meal K/12 is \$0.50
- Adults:
- Breakfast: \$3.50
  - Lunch: \$5.25
  - Salad bar or entree only: \$4.00

### Yogurt Lunch:

- Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables
- Choose white or chocolate milk

### Application

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# Houghton Portage Township Schools

2024 Weeks: 9/23, 11/4, 12/16

2025 Weeks: 1/27, 3/10, 4/21, 6/2

Week 4 Cycle Menu  
Grades K-12

# 4

**Today's Entrée Choices (choose one) -all of these meals come with the healthy fruit and vegetable bar**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>V-WG Cheese Ravioli</b> in meatless spaghetti sauce with WG garlic bread	<b>Homemade Beef and Bean Taco Salad</b> served with WG tortilla pieces sour cream pkg (optional)	<b>Baked Potato</b> with diced ham and melted cheese sauce 2 slices WG bread	<b>WG Breaded Chicken Drumstick</b> with V creamy Alfredo sauce over pasta	<b>V-WG Bosco Sticks</b> cheese stuffed breadsticks with marinara dipping sauce
<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>V-WG Cheese Quesadilla</b> WG tortilla shell with mozzarella cheese sour cream pkg (optional)	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>V-Egg Salad Sandwich</b> on WG honey wheat bread	<b>WG Tangerine Chicken Stir-Fry</b> with stir-fry vegetables and brown rice
<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>

*All menus are subject to change based on availability*



**Choose at least 1/2 cup serving from today's healthy fruit and vegetable bar!**

Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber slices sweet pepper medley fresh broccoli bites fresh orange wedges awesome apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber coins red pepper or mini sweet peppers fresh broccoli bites chilly cool oranges crispy apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cool as a cucumber rainbow peppers fresh broccoli bites orange smiles delicious red apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots crunchy cucumber red pepper or mini sweet peppers fresh broccoli bites orange wedges an apple a day keeps the doctor away	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cucumber spears sweet pepper medley fresh broccoli bites sunshine filled orange fresh apple
Steamed Corn Fruit Cocktail in light syrup	Seasoned Black Beans Peaches in light syrup	Broccoli and Cheese Cook's Choice seasonal fresh fruit	Baby Carrots Pears	Cucumber Slices Sidekicks Slushy Fruit Juice Cups
Power Packed Milk	Vitamin Rich Milk	Mighty Milk	Frosty Milk	Power Up Milk

## NOTES FOR PARENTS AND STUDENTS

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Every complete meal we serve comes with your choice of a 8 oz carton of fat free skim milk or TruMoo 1% chocolate milk

### Schedule

Breakfast:

- K/5th- 7:45-8:15
- 6th/12th- 7:45-8:10

Lunch:

- Y5/K- 10:55-11:15
- 1st- 11:30-11:50
- 2nd- 11:25-11:45
- 3rd- 12:00-12:20
- 4th- 12:05-12:25
- 5th- 12:35-12:55
- 6th- 11:30-12:00
- 7th/8th- 11:04-11:36
- 9th/12th- 12:03-12:33

### Prices

Students:

- For the 2024-2025 school year, complete meals will be free thanks to the Michigan School Meals program
- 2nd meal prices:
  - Breakfast K/12- \$2.00
  - Lunch K/5- \$3.00
  - Lunch 6/12- \$3.25
- Extra milk or milk only without a complete meal K/12 is \$0.50

Adults:

- Breakfast: \$3.50
- Lunch: \$5.25
- Salad bar or entree only: \$4.00

### Yogurt Lunch:

- Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables
- Choose white or chocolate milk

### Application

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# Houghton Portage Township Schools

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2025 Weeks: 2/3, 3/17, 4/28

Week 5 Cycle Menu  
Grades K-12

# 5

**Today's Entrée Choices (choose one) -all of these meals come with the healthy fruit and vegetable bar**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Beef and Cheese Lasagna</b> Ricotta cheese, Italian meat sauce, tomatoes, and veggies served with WG garlic bread	<b>V-WG French Toast Sticks</b> served with side of sausage, egg patty, and syrup cup	<b>Chicken Sandwich</b> WG breaded chicken patty on WG hamburger bun	<b>Beef Sloppy Joe</b> on WG hamburger bun	<b>Sub Sandwich</b> made with deli meat and American cheese slices on a WG Sub Bun
<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>All American Beef Hamburger</b> on WG bun with or without cheese top with lettuce, tomatoes, etc from the Fruit and Vegetable bar	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>WG Macaroni and Cheese</b> with 3 WG Chicken Tenders	<b>WG Tangerine Chicken Stir-Fry</b> with stir-fry vegetables and brown rice
<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>	<b>V-Yogurt Lunch</b>

*All menus are subject to change based on availability*



**Choose at least 1/2 cup serving from today's healthy fruit and vegetable bar!**

Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber slices sweet pepper medley fresh broccoli bites fresh orange wedges awesome apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber coins red pepper or mini sweet peppers fresh broccoli bites chilly cool oranges crispy apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cool as a cucumber rainbow peppers fresh broccoli bites orange smiles delicious red apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots crunchy cucumber red pepper or mini sweet peppers fresh broccoli bites orange wedges an apple a day keeps the doctor away	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cucumber spears sweet pepper medley fresh broccoli bites sunshine filled orange fresh apple
Tossed Salad with Grape Tomatoes Applesauce	French Fries Fruit Cocktail in light syrup	Baked Beans Cooks Choice seasonal fresh fruit	Crunchy Carrots Peaches in light syrup	Cauliflower and Broccoli Buds Sidekicks Slushy Fruit Juice Cup
<b>Power Packed Milk</b>	<b>Vitamin Rich Milk</b>	<b>Mighty Milk</b>	<b>Frosty Milk</b>	<b>Power Up Milk</b>

## NOTES FOR PARENTS AND STUDENTS

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### Schedule

Breakfast:

- K/5th- 7:45-8:15
- 6th/12th- 7:45-8:10

Lunch:

- Y5/K- 10:55-11:15
- 1st- 11:30-11:50
- 2nd- 11:25-11:45
- 3rd- 12:00-12:20
- 4th- 12:05-12:25
- 5th- 12:35-12:55
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- 7th/8th- 11:04-11:36
- 9th/12th- 12:03-12:33

### Prices

Students:

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Adults:

- Breakfast: \$3.50
- Lunch: \$5.25
- Salad bar or entree only: \$4.00

### Yogurt Lunch:

- Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables
- Choose white or chocolate milk

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# Houghton Portage Township Schools

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2025 Weeks: 2/10, 3/24, 5/5

Week 6 Cycle Menu  
Grades K-12

# 6

**Today's Entrée Choices (choose one) - all of these meals come with the healthy fruit and vegetable bar**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Homemade Beef &amp; Bean Chili</b> w/ WG cinnamon roll	<b>Build Your Own Fiesta Nachos</b> The fixins- beef & WG tortilla pieces hot cheese sauce Top it off with some vegetables from the Healthy Fruit & Veggie Bar sour cream pkg (optional)	<b>WG Breaded Chicken Drumstick</b> with V creamy Alfredo sauce over pasta	<b>Gremlin Bowl</b> mashed potato topped with WG chicken bites, gravy, corn, and cheese with WG garlic toast	<b>V-WG Bosco Sticks</b> cheese stuffed breadsticks with marinara dipping sauce
<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>V-WG Cheese Quesadilla</b> WG tortilla shell with mozzarella cheese sour cream pkg (optional)	<b>Pizza</b> on whole wheat crust (cheese-V or pepperoni*)	<b>WG Corn Dog</b> with a honey crunchy batter	<b>WG Tangerine Chicken Stir-Fry</b> with stir-fry vegetables and brown rice
V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch	V-Yogurt Lunch

*All menus are subject to change based on availability*



**Choose at least 1/2 cup serving from today's healthy fruit and vegetable bar!**

Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber slices sweet pepper medley fresh broccoli bites fresh orange wedges awesome apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots cucumber coins red pepper or mini sweet peppers fresh broccoli bites chilly cool oranges crispy apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cool as a cucumber rainbow peppers fresh broccoli bites orange smiles delicious red apple	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans baby carrots crunchy cucumber red pepper or mini sweet peppers fresh broccoli bites orange wedges an apple a day keeps the doctor away	Romaine & Spinach Tossed Salad grape tomatoes or roasted garbanzo beans eye opening carrots cucumber spears sweet pepper medley fresh broccoli bites sunshine filled orange fresh apple
Steamed Baby Carrots Pears in Light Syrup	Seasoned Black Beans Applesauce	Oven Baked Waffle Fries Cooks Choice seasonal fresh fruit	Mashed Potato & Chicken Gravy Fruit Cocktail in light syrup	Broccoli Buds Grapes
Power Packed Milk	Vitamin Rich Milk	Mighty Milk	Frosty Milk	Power Up Milk



Thank You for participating in the Breakfast and Lunch Programs ...Have a GREAT School Year...Shelby Turnquist FSD and Kitchen Crew

If you have any questions, contact [sturnquist@hpts.us](mailto:sturnquist@hpts.us)

USDA is an equal opportunity provider.

## NOTES FOR PARENTS AND STUDENTS

Menu abbreviations: V=vegetarian, WG= whole grain, \*=contains pork  
Every complete meal we serve comes with your choice of a 8 oz carton of fat free skim milk or TruMoo 1% chocolate milk

### Schedule

Breakfast:

- K/5th- 7:45-8:15
- 6th/12th- 7:45-8:10

Lunch:

- Y5/K- 10:55-11:15
- 1st- 11:30-11:50
- 2nd- 11:25-11:45
- 3rd- 12:00-12:20
- 4th- 12:05-12:25
- 5th- 12:35-12:55
- 6th- 11:30-12:00
- 7th/8th- 11:04-11:36
- 9th/12th- 12:03-12:33

### Prices

Students:

- For the 2024-2025 school year, complete meals will be free thanks to the Michigan School Meals program
- 2nd meal prices:
  - Breakfast K/12- \$2.00
  - Lunch K/5- \$3.00
  - Lunch 6/12- \$3.25
- Extra milk or milk only without a complete meal K/12 is \$0.50

Adults:

- Breakfast: \$3.50
- Lunch: \$5.25
- Salad bar or entree only: \$4.00

### Yogurt Lunch:

- Choose 1 yogurt cup: Trix, Dannon, Go Big, or Greek
- Choose 1 protein: boiled egg, Colby Jack cheese cubes, string cheese, or cheddar cheese stick
- Choose 2 grains: muffin, crackers, or cereal
- Choose at least 1/2 cup of fruit and/or vegetables
- Choose white or chocolate milk

### Application

Although meals are free to all students, please fill out the meal application to keep state funding for our school and summer EBT. Submit your meal application online at [houghtonportage.familyportal.cloud](http://houghtonportage.familyportal.cloud). You can also pick up a paper application at any HPTS office.

### Reminders:

- Make payments on your child's lunch account at [houghtonportage.familyportal.cloud](http://houghtonportage.familyportal.cloud) or send cash/check in with student's name and account number.
- Grades 6-12, check out our Gremlin Café Menu
- Students must have a positive balance on their lunch account to purchase a la carte items.
- Michigan School Meals must consist of 3 components (1/2 c equivalent of fruit or vegetable AND 2 more of the following components: meat/meat alternate, grain, milk) to qualify for the free program. Without all 3 components, students will be charged at higher a la carte prices since the meal will not qualify as a Michigan School Meal.

# 2024-2025 BHK GE Snack Menu



Week one: 9/3, 10/14, 10/30, 11/25    2025: 1/6, 2/17, 3/31, 5/12  
 Week two: 9/9, 10/21, 12/2            2025: 1/13, 2/24, 4/7, 5/19  
 Week three: 9/16, 10/28, 12/9        2025: 1/20, 3/3, 4/14, 5/26  
 Week four: 9/23, 11/4, 12/16         2025: 1/27, 3/10, 4/21, 6/2

Monday	Tuesday	Wednesday	Thursday	Friday
Orange Wedges Pretzel Twist	Fresh Fruit WG Cracker	Apple Slices Peanut Butter	Carrot Sticks Fat Free Ranch Dressing Hard Boiled Eggs	Assorted WG Cereal Choice of Milk
Tortilla Chips Salsa Cup	Apple WG Cracker	Vanilla Yogurt Diced Peaches	Broccoli Bites Fat Free Ranch Dressing Cheese Stick	Celery Sticks Peanut Butter
Assorted WG Cereal Choice of Milk	Craisins Pretzel Twists	Peanut Butter and Jelly On WG Bread	Cucumber slices and Tomato Fat Free Ranch Dressing Hard Boiled Egg	Apple Sauce String Cheese
Orange Smiles WG Goldfish Crackers	Fresh Fruit WG Cracker	Colby Jack Cheese Cubes Diced Peaches	Carrot Sticks Fat Free Ranch Dressing String Cheese	Assorted WG Cereal Choice of Milk

All Menus are subject to change based on product availability. USDA is an equal opportunity provider.  
 Questions please contact Shelby Turnquist @ [sturnquist@hpts.us](mailto:sturnquist@hpts.us)