

**Harbor Springs Public Schools
Blackbird Elementary Foodservice Menus
Breakfast \$1.50 / Lunch \$2.00**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome Back - Hope You Had a Great Summer</p>		1	2	3
			<p>Breakfast Served Daily From 7:30 to 8:00 For only \$1.50, \$.40 for Reduce, Free to those you Qualify - Menu on Back</p>	
6	<p>Please don't forget to fill out your Free and Reduced Meal Applications. Forms can be picked up in the principal's office and in the cafeteria.</p>	8	9	10
		<p>Mini Pancakes w/ Scrambled Eggs Crispy Tater Tots Orange Wedges Choice of Milk</p>	<p>Corn Dogs w/ Breadstick Seasoned Green Beans Orange Smiles Choice of Milk</p>	<p>Cheese or Pepperoni Pizza on Whole Wheat Crust Fresh Zucchini Sticks w/ Ranch Dip Chilled Pineapples Choice of Milk</p>
13	14	15	16	17
<p>Baked Breaded Chicken Nuggets w/ Cornbread Seasoned Broccoli Chilled Peaches Choice of Milk</p>	<p>Toasted Cheese Sandwich on Whole Wheat w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Banana Choice of Milk</p>	<p>Balanced Choices Meal: Pasta & Italian Meat Sauce Tossed Salad Fruit Crisp Choice of Milk</p>	<p>Cheeseburger or Hamburger Burger on a Bun Vegetarian Baked Beans Chilled Applesauce Choice of Milk</p>	<p>Cheese or Pepperoni Pizza on Whole Wheat Crust Southwest Corn & Black Bean Salad Chilled Applesauce Choice of Milk</p>
20	21	22	23	24
<p>Breaded Chicken Sandwich Corn on the Cob Fresh Michigan Apple Choice of Milk</p>	<p>Nachos w/ Whole Grain Tortilla Shells, Taco Meat, Cheese, Lettuce & Fresh Salsa Rice & Beans Chilled Pineapples Choice of Milk</p>	<p>Balanced Choices Meal: Turkey Hot Dog on a Bun w/ Oven Baked Fries Seasoned Green Beans Carrots Chilled Applesauce Choice of Milk</p>	<p>Sloppy Joe on a Bun Seasoned Corn & Fresh Carrots Orange Smiles Choice of Milk</p>	<p>Cheese or Pepperoni Pizza on Whole Wheat Crust Seasoned Broccoli Chilled Pears Choice of Milk</p>
27	28	29	30	Oct. 1
<p>Whole Grain French Toast Sticks w/ Scrambled Eggs Crispy Tater Tots Chilled Mixed Fruit Choice of Milk</p>	<p>Balanced Choices Meal: Chicken Fajita w/ Salsa Seasoned Corn Fresh Apple Choice of Milk</p>	<p>Balanced Choices Meal: Pasta & Italian Meat Sauce Seasoned Green Beans Chilled Pineapples Choice of Milk</p>	<p>Baked Breaded Chicken Nuggets w/ Whole Wheat Dinner Roll Sweet Potatoes Chilled Pears Choice of Milk</p>	<p>Cheese or Pepperoni Pizza on Whole Wheat Crust Three Bean Salad Chilled Applesauce Choice of Milk</p>
<p>Alternate Lunches Served Daily</p>				
<p><i>Daily:</i> Double Decker Peanut Butter & Jelly Sandwich Bagged Lunch Offered w/ Fresh Baby Carrots, Fruit, and Milk</p>				
<p><u>Mondays:</u> Yogurt & Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers), Baby Carrots, Fruit, and Milk Or Chef Salad – Crisp Greens topped w/ Ham Turkey, Cheese, and veggies, served w/ Fruit, Milk</p>	<p><u>Tuesdays:</u> Cold Pizza Bagel Fun Lunch (Bagel, Pizza Sauce & Shredded Cheese), Fruit, and Milk Or Crisp Chicken Ranch Salad w/ Croutons Roll Oranges and Choice of Milk</p>	<p><u>Wednesdays:</u> Cereal Fun Lunch: Whole Grain Frosted Mini Wheats Cereal w/ Hard Boiled Egg, Fruit, 100% Fruit Juice Punch, and Milk Or Poppyseed Salad – Mixed Greens topped with Chicken, veggies and tossed w/ Poppyseed dressing w/ Fruit and Milk</p>	<p><u>Thursdays:</u> Balanced Choices Meal: Junior Ham & Cheese Sub w/ Animal Crackers, Fresh Cut Oranges, Apple Juice, and Milk Or Cobb Salad – Mixed Greens, with fresh Veggies, Turkey, Hard boiled eggs, croutons Fruit and milk</p>	<p><u>Fridays:</u> Cold Nachos Fun Lunch: Whole Grain Crispy Tortilla Shell Rounds w/ Shredded Cheddar, Salsa, Fruit, and Milk Or Taco Salad w/ Tortilla Rounds, Taco Meat, Cheddar cheese, Tomatoes with fruit and Milk</p>



Daily Milk Choices Include: 2%, Skim, Whole White Milk

Menu Questions or Comments? Please contact John Ruemenapp at 526-4736

The School Lunch Program is provided in accordance with U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

