



MEAL PRICING:
 Lunch Free for Students
 Adult Lunch Price \$3.50
 Milk Only \$.50

South Haven Public Schools Elementary Lunch Menu

LUNCH MENU

Spring 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 April 8-12 May 6-10	All Beef Hot Diggity Dog Baked Beans Baby Carrots Cinnamon Pears	Crispy WG Chicken Sandwich Tomato & Lettuce Peaches Fruit Snack	Pancake & Scrambled Eggs Hash Brown Triangle Orange Juice Petite Banana	Mini WG Cheeseburger Sliders Cheese Fries Pickles Cinnamon Pears	WG Stuffed Crust Pizza Edamame Broccoli with Low Fat Dip Fresh Fruit Selection
2 April 15-19 May 13-17	WG Cinnamon French Toast w/Sausage & Syrup Baby Carrots Fruit Cup Orange Juice	Southern WG Crispy Chicken Drumstick WG Dinner Roll Mashed Potato & Gravy Coleslaw Peaches	WG Mini Corn Dogs Crispy Fries Tomato & Lettuce Fresh Fruit	BBQ M ^c Ra ⁿ (honey bbq beef rib) on WG Bun Sliced Pickles Black Bean Salad Diced Pears	WG Personal Pan Pizza Spinach & Strawberry Salad Fresh Veggies w/Low Fat Dip Lunch Bunch Grapes
3 March 18-22 April 22-26 May 20-24	WG Chicken Tenders w/Waffle & Syrup Crispy Potatoes Fresh Veggies Fruit Cup	Nachos Grande w/Beef & Cheese Refried Bean Dip Romaine Ribbons Salsa Peaches	Classic Cheeseburger Oven Baked Fries Deluxe Fixings Applesauce	WG Macaroni & Cheese Vegetable Medley Fresh Orange Wedges	WG French Bread Pizza Sweet Potato Tots Fresh Fruit Selection
4 Mar 25-29 April 29-May 3 May 27-31	Cheese Omelet w/Biscuit & Country Gravy Diced Hash Browns Baby Carrots Mixed Fruit	Hot Ham & Cheese Sub Veggie Crunchers w/LF Ranch Dip Sunchip Snack Mix Applesauce	Rustic Lasagna w/WG Garlic Toast Corn Nibblets Tossed Salad Fresh Michigan Apple	WG Chicken Nuggets Pineapple Salsa with Baked Scoops Potato Salad Peaches	WG Cheesy Breadsticks w/Marinara Spinach Salad w/Tomato Mandarin Oranges
Second Choice:	PBJ Uncrustable w/ String Cheese WG Cheese Crackers & Raisins	Cheese Sauce Cup with Salsa Cup & Scoops	PBJ Uncrustable w/ String Cheese WG Cheese Crackers & Raisins	Yogurt & Fruit Parfait with Granola & WG Muffin	PBJ Uncrustable w/ String Cheese WG Cheese Crackers & Raisins

Pick 3 for FREE!

Does your student bring a lunch from home?

Let us help, if your student picks 3 of the foods we offer (one has to be a fruit or veggie) they get it for free!

For example, your child can get a milk, vegetable and fruit every day to go with their lunch from home for FREE!

Packed full of vital nutrients and minerals to supplement their meal from home!



Look for our special themed menus to celebrate:
 Earth Day 4/22 & Cynco de Mayo 5/6

This institution is an equal opportunity provider.

Our Free Lunch includes:

A Fruit/Veggie Bar which offers fresh and canned fruit along with a variety of seasonal fresh vegetables with dark green, red/orange, starchy and other vegetables offered throughout the week and 1% White or Flavored or Fat-Free Milk

- A la Carte Milk is \$.50

Menu is subject to change based on product availability and other internal factors.



BREAKFAST MENU Winter 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 April 8-12 May 6-10	Peanut Butter & Jelly Wafer Applesauce Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk	WG Mini Pancakes & Syrup Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Bacon, Egg & Cheese Breakfast Pizza Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Sausage & Cheese Breakfast Sandwich on WG Bagel Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Yogurt & Fruit Parfait with Granola Craisins 100% Fruit Juice Choice of 1% or Fat Free White Milk
2 April 15-19 May 13-17	WG Bread w/Cream Cheese Applesauce Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk	Pancake & Sausage Stick w/Syrup Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Smoothie Granola Bar Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Eggo Waffle Minis & Syrup Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Filled Crescent Yogurt Cup Fruit Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk
3 March 18-22 April 22-26 May 20-24	Breakfast Burrito Salsa Cup Applesauce Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk	Peanut Butter & Jelly Wafer Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	WG Mini Pancakes & Syrup Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Breakfast Sandwich Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Smoothie WG Star Donut Fruit Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk
4 Mar 25-29 April 29-May 3 May 27-31	Cherry Frudel Applesauce Cup 100% Fruit Juice Choice of 1% or Fat Free White Milk	Pancake & Sausage Stick w/Syrup Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	WG Bread & Cheddar Cheese Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk	Sausage & Gravy Breakfast Pizza Banana 100% Fruit Juice Choice of 1% or Fat Free White Milk	South Haven Blueberry Farm & Yogurt Parfait w/Granola Fresh Fruit 100% Fruit Juice Choice of 1% or Fat Free White Milk
Second Choice:	Cereal Kit with WG & Reduced Sugar Cereal, WG Cracker & 100% Fruit Juice	Cereal Kit with WG & Reduced Sugar Cereal, WG Cracker & 100% Fruit Juice	Cereal Kit with WG & Reduced Sugar Cereal, WG Cracker & 100% Fruit Juice	Cereal Kit with WG & Reduced Sugar Cereal, WG Cracker & 100% Fruit Juice	Cereal Kit with WG & Reduced Sugar Cereal, WG Cracker & 100% Fruit Juice

COME CHECK US OUT FOR BREAKFAST

We offer a Free Breakfast to all students

Served every day!

Questions about our program?
Call (269) 637-0590 or Email jaltom@shps.org

EAT A HEALTHY SCHOOL BREAKFAST – AN EASY RESOLUTION TO KEEP

We don't consider breakfast to be an option

Studies show that children who eat a good breakfast pay better attention in class, retain what they learn, score higher on standardized test and behave better.

When your student joins us for breakfast (and lunch) you can rest assured that they are receiving a nutritious meal.. Our Breakfast Cereals, Breakfast Pastries, Muffins, Bagels, Pancakes and French Toast are whole grain and reduced sugar.

If your kids are approved for meal benefits, they don't just get lunch—they automatically qualify for breakfast too!

Why not resolve to take advantage of this great service every day?