



SECONDARY BPS High & Middle: January 3-5th

	Monday	Tuesday	Wednesday	Thursday	Friday
create	CREATE				
			Mashed Potato Bowl Breaded Chicken Drum Dinner Rolls Mashed Potatoes & Gravy Tender Green Beans	Breakfast Burrito Cheddar Scrambled Eggs and Turkey Bacon in Whole Grain Wrap Warm Baked Local Apple Slices	Hot Dog Bar All Beef Hotdog Whole Grain Bun Cheddar Cheese Sauce Chili Topping Bacon Garnish Baked Tater Tots
2^omato	2 MATO				
	Meat Lover's Pizza	Pepperoni & Cheese Calzone	Italian Sausage Flatbread	Veggie Lover's Pizza	Michigan Made Boscos Pizza Dipping Sauce
	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza
grilled	GRILLED				
	BBQ Rib Sandwich	Toasted Ham & Swiss	Mini Cheeseburger Sliders	Turkey Corn Dog	Chicken Tenders with Pretzel Rod
	Cheeseburger	Pizza Burger	Cheeseburger	BBQ Cheddar Burger	Cheeseburger
	Crispy Chicken Sandwich	SPICY Crispy Chicken Sandwich	Popcorn Chicken with Pretzel Rod	SPICY Crispy Chicken Sandwich	Crispy Chicken Sandwich
SO DELI	SO DELI				
	<p><i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i></p> <p>Weekly Special: Salami</p>				
ON THE GO	ON THE GO				
	<p>Easy "Grab & Go" meals for your convenience! Weekly Special: Popcorn Chicken Salad Available Daily Selections Include: PB & J Sandwich Fun Lunch, Fruit & Yogurt Parfait with Granola, Garden Fresh Salad served with Dinner Rolls</p>				
extra^{extra}	Fresh Fruit & Veggie Bar is available with ALL meals!				
	Baby Carrots	Spinach & Romaine Side Salad	Baby Carrots	Spinach and Romaine Side Salad	Power Peas
	Fresh Cucumber Coins	Fresh Celery Sticks	Fresh Cucumber Coins	Tomato Salsa	Shredded Romaine
	Applesauce	Fresh Pepper Strips	Shredded Romaine	Cinnamon Applesauce	Fresh Broccoli
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit

Student Lunch Price \$2.70
 Reduced Lunch Price \$.40
 Free to those who qualify
 Milk \$.50

Locally Grown produce is utilized when seasonally available



Food Focus of the Month: Root Vegetables

Questions or Comments?

Please contact Jessica Meyers, Director of Dining Services
 231-587-9764 ex214 or jmeyers@mancelonaschools.org



SECONDARY MPS Middle School: January 8-12th

	Monday	Tuesday	Wednesday	Thursday	Friday
	CREATE				
create	Loaded SOUP! Michigan Made Bosco Sticks Tomato Soup Fresh Basil Shredded Mozzarella Diced Tomatoes	Fajitas! Whole Grain Tortilla Fajita Chicken Peppers & Onions Shredded Cheddar Sour Cream Mexican Black Beans	Loaded Mac! Creamy Macaroni and Cheese Shredded Cheddar Garnish of Bacon Warm Pretzel Rod Broccoli Florets	Cajun Ham Bowl Diced Ham Cajun Brown Rice Cajun Sauce Savory Green Beans Dinner Roll	Breakfast For Lunch Sausage & Cheese Breakfast Sandwich Seasoned Potato Wedges Warm Baked Local Apples Slices
	2 MATO				
2^{mato}	Veggie Lover's Pizza	Italian Sausage Pizza	Chicken Quesadilla	Michigan Made Boscos Pizza Dipping Sauce	BBQ Chicken Pizza
	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza
	GRILLED				
grilled	BBQ Rib-B-Q Sandwich	Toasted Pepperoni & Mozzarella Sandwich	Toasted Triple Cheese Sandwich	Bean & Cheese Burrito with Salsa	Bacon Cheeseburger
	Cheeseburger	Hamburger	Bacon Cheeseburger	Pizza Burger	Cheeseburger
	Popcorn Chicken with Pretzel Rod	Crispy Chicken Sandwich	SPICY Crispy Chicken Sandwich	Crispy Chicken Sandwich	Popcorn Chicken with Pretzel Rod
	SO DELI				
SO DELI	<i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i> Weekly Special: Hummus				
	ON THE GO				
ON THE GO	Easy "Grab & Go" meals for your convenience! Weekly Special: Ham & Turkey Chef Salad Available Daily Selections Include: PB & J Sandwich Fun Lunch, Fruit & Yogurt Parfait with Granola, Garden Fresh Salad served with Dinner Rolls				
	Fresh Fruit & Veggie Bar is available with ALL meals!				
extra extra	Baby Carrots	Spinach & Romaine Side Salad	Fresh Baby Spinach	Spinach and Romaine Side Salad	100% Fruit Juice
	Fresh Celery Sticks	Cucumber Coins	Fresh Cherry Tomatoes	Fruit Gelatin	Power Peas
	Fresh Broccoli	Fresh Pepper Strips	Rosy Applesauce	Broccoli Ranch Salad with Carrots	Fresh Pepper Strips
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit

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SECONDARY MPS Middle School: January 15-19th

	Monday	Tuesday	Wednesday	Thursday	Friday
	CREATE				
create	Homestyle Bowl Breaded Chicken Drum Fresh Baked Biscuit Seasoned Potato Wedges Seasoned Corn	Taco Tuesday! Seasoned Beef Taco Shredded Cheddar Sour Cream Pico De Galo Warm Spiced Peaches	Soup n Spud! Beef & Bean Chili Fresh Baked Potato Sour Cream Shredded Cheddar Cornbread Biscuit	½ Day	½ Day
	2 MATO				
2^{mato}	Beef Fiestada Pizza	Italian Sausage Flatbread	Michigan Made Boscos Pizza Dipping Sauce	Pepperoni & Cheese Calzone	Michigan Made Boscos Pizza Dipping Sauce
	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza
	GRILLED				
grilled	Mini Cheeseburger Sliders	Toasted Ham & Swiss	Toasted Patty Melt	Ham & Cheese on Pretzel Roll	Turkey Corn Dog
	Cheeseburger	Bacon Cheeseburger	Cheeseburger	Pizza Burger	Cheeseburger
	Crispy Chicken Sandwich	SPICY Crispy Chicken Sandwich	Popcorn Chicken with Pretzel Rod	SPICY Crispy Chicken Sandwich	Crispy Chicken Sandwich
	SO DELI				
SO DELI	<i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	Weekly Special: Chicken Salad				
	ON THE GO				
ON THE GO	Easy "Grab & Go" meals for your convenience!				
	Weekly Special: Chicken Salad Platter				
	Available Daily Selections Include: PB & J Sandwich Fun Lunch, Fruit & Yogurt Parfait with Granola, Garden Fresh Salad served with Dinner Rolls				
	Fresh Fruit & Veggie Bar is available with ALL meals!				
extra^{extra}	Spinach & Romaine Side Salad	Shredded Romaine	Tossed Side Salad	Spinach and Romaine Side Salad	Shredded Romaine
	Cole Slaw	Cucumber Coins	Fresh Cucumber Coins	Power Peas	Baby Carrots
	Fresh Broccoli	Fresh Pepper Strips	Baby Carrots	Peaches with Local Blueberries	Fresh Celery Sticks
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit

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SECONDARY MPS Middle School: January 22-26

	Monday	Tuesday	Wednesday	Thursday	Friday
	CREATE				
create	Burger Bar Hamburger on Choice of Bun Assorted Fresh Toppings BBQ Baked Beans	Nacho Bar Beef Taco Meat Tortilla Chips Queso or Cheddar Cheese Sauce Sour Cream Pico De Galo	Popcorn Chicken Day! Popcorn Chicken Side of Macaroni & Cheese Cauliflower	Chicken Noodle Soup! Diced Chicken Rotini Noodles Mixed Vegetables Savory Green Beans Dinner Roll	Philly Bowl Beef Philly Steak Over Brown Rice Sautéed Peppers & Onions Sautéed Mushrooms Cheddar Cheese Sauce
	2 MATO				
2^{mato}	Michigan Made Boscos Pizza Dipping Sauce	Southwest Chicken Flatbread	Pepperoni & Cheese Calzone	Personal Cheese Pizza	Chicken Alfredo and Broccoli Pizza
	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza
	GRILLED				
grilled	Crispy Fish & Cheese Sandwich	Turkey Corndog	Toasted Triple Cheese	Chicken Tenders with Pretzel Rod	Toasted Turkey Club
	Cheeseburger	BBQ Cheddar Burger	Cheeseburger	Bacon Cheeseburger	Cheeseburger
	Crispy Chicken Sandwich	SPICY Crispy Chicken Sandwich	Popcorn Chicken with Pretzel Rod	SPICY Crispy Chicken Sandwich	Crispy Chicken Sandwich
	SO DELI				
SO DELI	<i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	Weekly Special: Homemade Chunky Tuna Salad				
	ON THE GO				
ON THE GO	Easy "Grab & Go" meals for your convenience! Weekly Special: Lettuce Tomato & Tuna Salad Whole Grain Wrap				
	Available Daily Selections Include: PB & J Sandwich Fun Lunch, Fruit & Yogurt Parfait with Granola, Garden Fresh Salad served with Dinner Rolls				
	Fresh Fruit & Veggie Bar is available with ALL meals!				
extra^{extra}	Baby Carrots	Shredded Romaine	Spinach & Romaine Side Salad	Spinach and Romaine Side Salad	Shredded Romaine
	Fresh Broccoli	Celery Sticks	Sliced Cucumbers	Cranberry Sauce	Power Peas
	Fresh Banana	Fresh Pepper Strips	Shredded Romaine	Cinnamon Applesauce	Fresh Broccoli
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit

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