



Lunch Menu

Jenison International Academy



Your lunch includes: An entrée with protein and whole grains, one (1) vegetable side dish, one (1) fruit side dish, and a choice of milk.
 Students must take 3 of the 5 components but must select 1/2 cup fruit or vegetable to qualify as full meal.
 Milk choices include skim white and skim chocolate. All milk is Michigan-produced and artificial hormone-free.

Monday	Tuesday	Wednesday	Thursday	Friday
October 1 Turkey & Cheese Sandwich on a Whole Grain Bun Baby Carrots Fresh Apple Choice of Milk	October 2	October 3 Yogurt, Bagel, String Cheese Raisins Dragon Juice (vegetable juice) Choice of Milk	October 4 Taco Salad with Meat & Cheese Nacho Cheese Chips Grapes Choice of Milk	October 5
October 8 Turkey & Cheese Sandwich on a Whole Grain Bun Baby Carrots Fresh Apple Choice of Milk	October 9	October 10 Yogurt, Bagel, String Cheese Raisins Dragon Juice (vegetable juice) Choice of Milk	October 11 Taco Salad with Meat & Cheese Nacho Cheese Chips Grapes Choice of Milk	October 12
October 15 Turkey & Cheese Sandwich on a Whole Grain Bun Baby Carrots Fresh Apple Choice of Milk	October 16	October 17 Yogurt, Bagel, String Cheese Raisins Dragon Juice (vegetable juice) Choice of Milk	October 18 Taco Salad with Meat & Cheese Nacho Cheese Chips Grapes Choice of Milk	October 19
October 22 Turkey & Cheese Sandwich on a Whole Grain Bun Baby Carrots Fresh Apple Choice of Milk	October 23	October 24 Yogurt, Bagel, String Cheese Raisins Dragon Juice (vegetable juice) Choice of Milk	October 25 Taco Salad with Meat & Cheese Nacho Cheese Chips Grapes Choice of Milk	October 26
October 29 Turkey & Cheese Sandwich on a Whole Grain Bun Baby Carrots Fresh Apple Choice of Milk	October 30	October 31 Yogurt, Bagel, String Cheese Raisins  Dragon Juice (vegetable juice) Choice of Milk	November 1 Taco Salad with Meat & Cheese Nacho Cheese Chips Grapes Choice of Milk	November 2

A new Free & reduced Application must be filled out EVERY year! Your application will EXPIRE in October if you do not apply! Visit www.lunchapp.com or ask your school office for a paper



Questions? Comments?
 Email:
foodservice@hpseagles.net



or call Food Service at
 457-2400
 Mary Darnton, Food Service Director