



# October 2018

## Jenison ECC

**Student Lunch \$2.50   Reduced Price \$0.40   Milk Only \$0.50   Adult Lunch \$3.50**



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 1% white. All milk is Michigan-produced and artificial hormone-free.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 1</b> Bosco Cheese Breadsticks (2) with Marinara Sauce Grape Tomatoes Fruit Cocktail	<b>October 2</b> Macaroni & Cheese Steamed Broccoli Fresh Grapes	<b>October 3</b> Hot Dog Golden Corn Mandarin Oranges	<b>October 4</b> Fish Treasures (4) Baked Beans Diced Pears	<b>October 5</b> Chicken Tenders & Waffle Cucumber Spears Pineapple
<b>October 8</b> Pancakes & Cheese Omelet Celery Sticks Fresh Apple	<b>October 9</b> Chicken Noodle & Rice Soup with Mini Bosco Stick Baby Carrots Pineapple Tidbits	<b>October 10</b> Pepperoni Pizza Bites Romaine Ribbons Banana	<b>October 11</b> Deli Turkey & Cheese Sandwich Baby Carrots Orange Wedges	<b>October 12</b> Mini Corn Dogs (6) Baked Beans Fresh Pear
<b>October 15</b> Cheese Pizza Quesdiilla Golden Corn Fruit Cocktail	<b>October 16</b> Walking Taco with WG Doritos Romaine Ribbons Fresh Grapes	<b>October 17</b> Hamburger Sweet Potato Cubes Diced Peaches	<b>October 18</b> Chicken Nuggets with WG Breadstick Baby Carrots Diced Pears	<b>October 19</b> BBQ Honey Rib Sandwich Green Beans Mandarin Oranges
<b>October 22</b> Bosco Cheese Breadsticks (2) with Marinara Sauce Fresh Broccoli Florets Diced Peaches	<b>October 23</b> Chicken Noodle & Rice Soup with Mini Bosco Stick Baby Carrots Fresh Grapes	<b>October 24</b> Garlic Cheese Bread Baked Beans Mandarin Oranges	<b>October 25</b> Chicken Alfredo Pasta with Garlic Toast Power Peas Orange Wedges	<b>October 26</b> Apple Cinnamon Texas Toast with Scrambled Eggs Crunchy Celery Fresh Pear
<b>October 29</b> Wild Mike's Cheese Bites Corn Fresh Apple	<b>October 30</b> Meaty Chili & Baked Tortilla Scoops Mini Baked Potato Diced Pears	<b>October 31</b> Chicken Corn Dog Baked Beans Banana 	<b>November 1</b> Mac & Meat with Garlic Toast Green Beans Fruit Cocktail	<b>November 2</b> Chicken Fajita with Cheese Romaine Ribbons Pineapple

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](http://www.lunchapp.com) or ask your school office for a paper app!



Questions? Comments?  
Email:  
[foodservice@hpseagles.net](mailto:foodservice@hpseagles.net)



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