

Hancock Public Schools

Week 1 Cycle Menu

Notes for Parents and Students:

USE THIS MENU ON THE WEEKS LISTED: Year 2019: Weeks of 9/3 10/14, 11/25

Year 2020: Weeks of 1/20, 3/2, 4/20, 7/1

Grades K-12

Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*****</p> <p>Grilled Honey BBQ Beef Rib Patty on WG Hamburger Bun</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p> <p>V-Peanut Butter and Jelly Sandwich on Whole Grain Bread</p> <p>*****</p>	<p>*****</p> <p>Chicken Fajita on a WG soft flour tortilla shredded cheddar cheese (optional) Sour Cream Pkg</p> <p>*****</p> <p>Beef Taco on a soft flour tortilla shredded cheddar cheese (optional) Sour Cream Pkg</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p> <p>Chef Salad Diced Turkey & Turkey Ham Boiled Egg, Lettuce, various Veggies, Shredded Cheddar Cheese, Garlic Croutons & Muffin</p> <p>*****</p>	<p>*****</p> <p>Tuna Macaroni Salad Pasta tossed with Tuna in a creamy sauce with peas and onions</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p> <p>Fruit and Yogurt Parfait Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin</p> <p>*****</p>	<p>*****</p> <p>Chicken Tenders and Waffles Both Whole Grain</p> <p>*****</p> <p>Baked Turkey Ham served with a Dinner Roll and Goldfish Crackers</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p> <p>Pizza Lunchable Build your own pizza with Flat bread pieces, Marinara Sauce, Mozzarella Cheese and Pepperoni*</p> <p>*****</p>	<p>*****</p> <p>V-Vegetable Lasagna Roasted Pepper, Squash, Onion, Layered with Cheese and Sauce served with Garlic Bread and a Mini Rice Krispies Treat</p> <p>*****</p> <p>Tangerine Chicken Stir-Fry Vegetables and Brown Rice</p> <p>*****</p> <p>V-Yogurt Lunch</p> <p>*****</p> <p>Chicken Ranch Wrap WG Chicken Tenders, Romaine on a WG soft flour tortilla Tomatoes Ranch Dressing Packet</p> <p>*****</p>
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
<p>Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple *****</p> <p>Scalloped Potatoes Peaches in Light Syrup *****</p> <p>Power Packed Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple *****</p> <p>Refried Pinto Beans and Cheese Pears in Light Syrup *****</p> <p>Vitamin Rich Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple *****</p> <p>Steamed Peas and Carrots Cooks Choice Seasonal Fresh Fruit *****</p> <p>Mighty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Crunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away *****</p> <p>Mashed Potato & 1/8 cup of Chicken Gravy Cranberry Sauce *****</p> <p>Frosty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple *****</p> <p>Celery Sticks Sidekicks Slushy Fruit Juice Cup *****</p> <p>Power Up Milk</p>

WG = Whole Grain

*Contains Pork

V= Vegetarian

All menus are subject to change based on product availability.

Lunch and Recess Times:

5th	11:15-11:55
4th	11:25 -12:05
3rd	11:35 - 12:15
2nd	11:45-12:25
1st	11:55-12:35
K/ Y 5s	12:05-12:45
6th- 8th	11:04 - 11:34
9th -12th	12:03 - 12:33

Yogurt Lunch Components:

-Choose 1 Yogurt Cup:
Trix, Dannon, Go Big, or Greek

-Choose one Protein:
Boiled Egg, Colby Jack Cheese Cubes, String Cheese, or Cheddar Cheese Stick

-Choose Two Grains:
Muffin, Crackers, Cereal or Granola, etc.

-REQUIRED 1/2 Cup Equivalent:
of Fruit or Vegetable

- Choice of Milk

REMEMBER

Lunch includes a choice of:

Entrée with grain/bread many vegetables & fruits variety of milk

Students must select a 1/2 cup equivalent of fruit and/or vegetable to make a complete lunch.

Breakfast Times:

K-5 7:30-8:20 Daily
6-12 7:30 to 8:05 Daily

Complete Reimbursable

Meal Prices:

Breakfast: \$1.75

K-12 \$1.75

Adults \$2.50

Lunch:

K-5 \$2.75

6-12 \$3.00

Adult Lunch \$5.00

Adult Entrée Only \$3.00

Adult Salad Bar Only \$3.00

Grades 6-12

check out our Gremlin Café Menu and Pricing

K-12 Reduced Meal Prices:

With Qualifying Application

Breakfast \$0.30

Lunch \$0.40

Extra Milk, or Milk without a complete meal \$0.50

Every Complete Meal we serve comes with your choice

of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk

Submit your Free & Reduced-price meal application online! Simply go to: www.lunchapp.com for a faster and more accurate process, or pick up a paper one in any office.

Make payments on your child's lunch account at www.sendmoneytoschool.com or send cash/check in with student's name and account number.

Thank You for participating in the Breakfast and Lunch Programs ...Have a GREAT School Year...Shelby Turnquist FSD and Kitchen Crew

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Reimbursable Meals must consist of three components (1/2 c equivalent of fruit or vegetable AND two more of the following components: meat/meat alternate, grain, milk) to qualify for a Complete Meal Pricing (per government reimbursable meal regulation.) Without all three components, students will be charged a higher Ala Carte Pricing and the meal will not qualify for Free/Reduced prices.

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Hancock Public Schools

Week 2 Cycle Menu

USE THIS MENU ON THE WEEKS LISTED: Year 2019: Weeks of 9/9, 10/21, 12/2
Year 2020: Weeks of 1/27, 3/9, 4/27, 7/8

Grades K-12

Notes for Parents and Students:

Lunch and Recess Times:	5th 11:15-11:55 4th 11:25 -12:05 3rd 11:35 - 12:15 2nd 11:45-12:25 1st 11:55-12:35 K/ V 5s 12:05-12:45 5th- 8th 11:04 - 11:34 9th -12th 12:03 - 12:33	6-12 7:30 to 8:05 Daily/Breakfast Times: K-5 7:30-8:20 Daily
Complete Reimbursable Meal Prices:	Breakfast: \$1.75 <-12 \$1.75 Adults \$2.50	
Yogurt Lunch Components:	Choose one Protein: -Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek Choose one Protein: Boiled Egg, Colby Jack Cheese Cubes, String Cheese, or Cheddar Cheese Stick Choose Two Grains: Muffin, Crackers, Cereal or Granola, etc.	Lunch: <-5 \$2.75 5-12 \$3.00 Adult Lunch \$5.00 Adult Entrée Only \$3.00 Adult Salad Bar Only \$3.00
REQUIRED 1/2 Cup Equivalent:	of Fruit or Vegetable - Choice of Milk	K-12 Reduced Meal Prices: With Qualifying Application Breakfast \$0.30 Lunch \$0.40 Extra Milk, or Milk without a complete meal \$0.50
REMEMBER Lunch includes a choice of:	Entrée with grain/bread many vegetables & fruits variety of milk	Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk
Students must select a 1/2 cup equivalent of fruit and/or vegetable to make a complete lunch.		

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Mostaccioli Beef Italian Meatballs and Spaghetti Sauce Served over Pasta Optional condiment: Parmesan Cheese Pkg ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch ***** V-Egg Salad Sandwich on WG Honey Wheat Bread *****	Build Your Own Fiesta Nachos the fixins'- Beef & Tortilla Pieces Hot Cheese Sauce Top it off with some Vegetables from the Garden Harvest Bar Sour Cream Pkg (Optional) ***** Chicken Sandwich WG Breadcrumbs Chicken Patty on a WG Hamburger Bun ***** V-Yogurt Lunch ***** WG Popcorn Chicken Salad Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes WG Goldfish Crackers *****	V-Macaroni and Cheese with a *Hot Doga *Hot Dog on WG Bun ***** Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) ***** V-Yogurt Lunch ***** Fruit and Yogurt Parfait Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin *****	BBQ Chicken Sandwich Boneless Chicken Breast Baked in BBQ Sauce on a WG Bun ***** Popcorn Chicken with Buttermilk Biscuit ***** V-Yogurt Lunch ***** Super Sack Lunch! Turkey Based Ham & Cheese Sub Carrots Apple and a secret surprise *****	V-WG French Toast Sticks Served with Egg Patty and Syrup Cup ***** Pepperoni Pizza Calzone Italian Beef Pepperoni Wrapped in a WG Crust ***** V-Yogurt Lunch ***** V-Grilled Cheese Sandwich on WG Honey Wheat Bread *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** Prince Charles Blend Applesauce ***** Power Packed Milk *****	Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** Seasoned Black Beans Fruit Cocktail *****	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** Crispy Baby Carrots Cooks Choice Seasonal Fresh Fruit *****	Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away ***** Fresh Baked Potato Tasty Strawberry Cup *****	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Crispy Oven Baked Potato Cubes Sidekicks Slushy Fruit Juice Cup ***** Power Up Milk *****

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Hancock Public Schools

Week 3 Cycle Menu

USE THIS MENU ON THE WEEKS LISTED: Year 2019: Weeks of 9/16, 10/28, 12/9
Year 2020: Weeks of 2/3, 3/16, 5/4

Grades K-12

Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Beef & Bean Chili w/ WG Tortilla Chips *****	Spaghetti with Homemade Beef Sauce over WG Caratappi Pasta Optional condiment: Parmesan Cheese *****	Hamme Sammie Hot Ham and Cheese Sandwich Turkey Based Ham American Cheese on WG Hamburger Bun *****	WG Chicken Nuggets with WG Honey Dinner Roll *****	WG Corn Dog Low fat Chicken Frank with a Honey Crunchy Batter *****
Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) *****	V-Bosco Sticks Cheese Stuffed Breadsticks w/Marinara Dipping Sauce *****	Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) *****	*BBQ Pulled Pork Sandwich Southern Style BBQ on WG Sub Bun *****	Tangerine Chicken Stir-Fry Vegetables and Brown Rice *****
V-Yogurt Lunch *****	V-Yogurt Lunch *****	V-Yogurt Lunch *****	V-Yogurt Lunch *****	V-Yogurt Lunch *****
V-Peanut Butter and Jelly Sandwich on Whole Grain Bread *****	Garden Salad Various Veggies over a bed of Lettuce, Sprinkled with Cheddar Cheese, served with a Cheese Stick, Muffin and Garlic Croutons *****	Fruit and Yogurt Parfait Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin *****	Pizza Lunchable Build your own pizza with Flat bread pieces, Marinara Sauce, Mozzarella Cheese and Pepperoni* *****	Chicken Ranch Wrap WG Chicken Tenders, Romaine on a WG soft flour tortilla Sliced Tomatoes Ranch Dressing Packet *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** Power Packed Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** Vitamin Rich Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** Mashed Sweet Potatoes Cooks Choice Seasonal Fresh Fruit ***** Mighty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away ***** Mashed Potato & 1/8 cup of Chicken Gravy Applesauce ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Bush's White Vegetarian Baked Beans Mixed Berries ***** Power Up Milk

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Notes for Parents and Students:

Lunch and Recess Times:	5th 11:15-11:55 4th 11:25 -12:05 3rd 11:35 - 12:15 2nd 11:45-12:25 1st 11:55-12:35 K/ Y 5s 12:05-12:45 5th- 8th 11:04 - 11:34 9th -12th 12:03 - 12:33	6-12 7:30 to 8:05 Daily/Breakfast Times: K-5 7:30-8:20 Daily
Complete Reimbursable Meal Prices:	Breakfast: \$1.75 <-12 \$1.75 Adults \$2.50	
Yogurt Lunch Components:	Choose 1 Yogurt Cup: Frix, Dannon, Go Big, or Greek Choose one Protein: Boiled Egg, Colby Jack Cheese Cubes, String Cheese, or Cheddar Cheese Stick Choose Two Grains: Muffin, Crackers, Cereal or Granola, etc.	Lunch: <-5 \$2.75 5-12 \$3.00 Adult Lunch \$5.00 Adult Entrée Only \$3.00 Adult Salad Bar Only \$3.00 Grades 6-12 check out our Grenlin Café Menu and Pricing
REQUIRED 1/2 Cup Equivalent:	of Fruit or Vegetable - Choice of Milk	K-12 Reduced Meal Prices: With Qualifying Application Breakfast \$0.30 Lunch \$0.40 Extra Milk, or Milk without a complete meal \$0.50
REMEMBER	Lunch includes a choice of: Entrée with grain/bread many vegetables & fruits variety of milk Students must select a 1/2 cup equivalent of fruit and/or vegetable to make a complete lunch.	Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk

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Week 4 Cycle Menu

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Year 2020: Weeks of 2/10, 3/30, 5/11

Grades K-12

Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar

Monday	Tuesday	Wednesday	Thursday	Friday
V-WG Cheese Ravioli in Meatless Spaghetti Sauce with Garlic Bread *****	Homemade Beef and Bean Taco Salad Served with Tortilla Pieces Optional condiment: Sour Cream Pkg *****	Baked Potato with Diced Turkey Ham Melted Cheese Sauce 2 slices WG Bread *****	BBQ Baked Chicken Drumstick V-with Creamy Alfredo Sauce V-over Cavatappi Pasta *****	Deli Sub Sandwich & Cook's Choice Soup Turkey Based: Salami, Bologna and Ham with American Cheese *****
Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) *****	V-WG Cheese Quesadilla WG Tortilla Shell with Mozzarella Cheese Sour Cream Pkg (Optional) *****	Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*) *****	WG Popcorn Chicken V-with Creamy Alfredo Sauce V-over Cavatappi Pasta *****	Chef Salad & Cook's Choice Soup Diced Turkey & Turkey Ham Boiled Egg, Lettuce, various veggies, Shredded Cheddar Cheese and Garlic CROUTONS *****
V-Yogurt Lunch *****	V-Yogurt Lunch *****	V-Yogurt Lunch *****	V-Yogurt Lunch *****	V-Yogurt Lunch *****
V-Peanut Butter and Jelly Sandwich on Whole Grain Bread *****	WG Popcorn Chicken Salad Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes WG Goldfish Crackers *****	Fruit and Yogurt Parfait Hard Boiled Egg Gape of Pretzel Twists Whole Grain Muffin *****	Morningstar Farms Spicy Black Bean Veggie Burger on WG Bun *****	V-Grilled Cheese Sandwich on WG Honey Wheat Bread with Cook's Choice Soup *****
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple ***** Celery Sticks Fruit Cocktail in Light Syrup ***** Power Packed Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple ***** Seasoned Black Beans Peaches in Light Syrup ***** Vitamin Rich Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple ***** Broccoli and Cheese Cooks Choice Seasonal Fresh Fruit ***** Mighty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day Keeps the Dr. Away ***** Steamed Corn Pears in Light Syrup ***** Frosty Milk	Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple ***** Carrot Sticks Sidekicks Slusly Fruit Juice Cup ***** Power Up Milk

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Notes for Parents and Students:

Lunch and Recess Times:	5th 11:15-11:55 4th 11:25 -12:05 3rd 11:35 - 12:15 2nd 11:45-12:25 1st 11:55-12:35 K/ Y 5s 12:05-12:45 5th- 8th 11:04 - 11:34 9th -12th 12:03 - 12:33
Breakfast Times:	K-5 7:30-8:20 Daily 6-12 7:30 to 8:05 Daily
Complete Reimbursable Meal Prices:	Breakfast: \$1.75 K-12 \$1.75 Adults \$2.50
Lunch:	K-5 \$2.75 5-12 \$3.00 Adult Lunch \$5.00 Adult Entrée Only \$3.00 Adult Salad Bar Only \$3.00
Grades 6-12 check out our Gremlin Café Menu and Pricing	
K-12 Reduced Meal Prices:	With Qualifying Application Breakfast \$0.30 Lunch \$0.40 Extra Milk, or Milk without a complete meal \$0.50
REMEMBER Lunch includes a choice of:	Entree with grain/bread many vegetables & fruits variety of milk
Students must select a 1/2 cup equivalent of fruit and/or vegetable to make a complete lunch.	Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk

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Hancock Public Schools

Week 5 Cycle Menu

USE THIS MENU ON THE WEEKS LISTED: Year 2019: Weeks of 9/30, 11/11

Year 2020: Weeks of 2/17, 4/6, 5/18

Grades K-12

Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pasty Beef, Potato, and Onion in a golden flaky crust served with string cheese</p> <p>*****</p>	<p>V-WG French Toast Sticks Served with Egg Patty and Syrup Cup</p> <p>*****</p>	<p>Beef and Cheese Lasagna Ricotta Cheese, Italian Meat Sauce, Tomatoes, and Veggies Served with Garlic Bread</p> <p>*****</p>	<p>Beef Sloppy Joe on WG Hamburger Bun</p> <p>*****</p>	<p>V-Cheesy French Bread Pizza Half-Loaf Shaped Pizza with Mozzarella Cheese</p> <p>*****</p>
<p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p>	<p>All American Beef Hamburger on WG Bun top with Lettuce, Tomatoes, etc from the Fruit and Vegetable bar</p> <p>*****</p>	<p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p>	<p>Macaroni and Cheese with 3 WG Chicken Tenders</p> <p>*****</p>	<p>Tangerine Chicken Stir-Fry Vegetables and Brown Rice</p> <p>*****</p>
<p>V-Yogurt Lunch</p> <p>*****</p>	<p>V-Yogurt Lunch</p> <p>*****</p>	<p>V-Yogurt Lunch</p> <p>*****</p>	<p>V-Yogurt Lunch</p> <p>*****</p>	<p>V-Yogurt Lunch</p> <p>*****</p>
<p>V-Egg Salad Sandwich on WG Honey Wheat Bread</p> <p>*****</p>	<p>Garden Salad Various Veggies over a bed of Lettuce, Sprinkled with Cheddar Cheese, served with a Cheese Stick, Muffin and Garlic Croutons</p> <p>*****</p>	<p>Fruit and Yogurt Parfait Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin</p> <p>*****</p>	<p>Pizza Lunchable Build your own pizza with Flat bread pieces, Marinara Sauce, Mozzarella Cheese and Pepperoni*</p> <p>*****</p>	<p>Chicken Ranch Wrap WG Chicken Tenders, Romaine on a WG soft flour tortilla Sliced Tomatoes Ranch Dressing Packet</p> <p>*****</p>
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!!				
<p>Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple *****</p> <p>Vegetarian Baked Beans Applesauce *****</p> <p>Power Packed Milk *****</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple *****</p> <p>Oven Baked Fried Potato Fruit Cocktail in Light Syrup *****</p> <p>Vitamin Rich Milk *****</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple *****</p> <p>Homemade Coleslaw Cooks Choice Seasonal Fresh Fruit *****</p> <p>Mighty Milk *****</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Crunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away *****</p> <p>Mashed Potato 1/8 cup of Chicken Gravy Peaches in Light Syrup *****</p> <p>Frosty Milk *****</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple *****</p> <p>Cauliflower Buds Sidekicks Slushy Fruit Juice Cup *****</p> <p>Power Up Milk *****</p>

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Notes for Parents and Students:

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	Daily/Breakfast Times: K-5 7:30-8:20 Daily 6-12 7:30 to 8:05
	Complete Reimbursable Meal Prices:
	Breakfast: \$1.75 K-12 \$1.75 Adults \$2.50
	5th- 8th 11:04 - 11:34 9th -12th 12:03 - 12:33
	Yogurt Lunch Components:
	-Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek
	-Choose one Protein: Boiled Egg, Colby Jack Cheese Cubes, String Cheese, or Cheddar Cheese Stick
	-Choose Two Grains: Muffin, Crackers, Cereal or Granola, etc.
	-REQUIRED 1/2 Cup Equivalent: of Fruit or Vegetable
	- Choice of Milk REMEMBER Lunch includes a choice of entrée with grain/bread many vegetables & fruits variety of milk Students must select a 1/2 cup equivalent of fruit and/or vegetable to make a complete lunch.
	K-12 Reduced Meal Prices: With Qualifying Application Breakfast \$0.30 Lunch \$0.40 Extra Milk, or Milk without a complete meal \$0.50
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Thank You for participating in the Breakfast and Lunch Programs ...Have a GREAT School Year...Shelby Turnquist FSD and Kitchen Crew

If you have any questions contact sturnquist@hancock.k12.mi.us

Reimbursable Meals must consist of three components (1/2 c equivalent of fruit or vegetable AND two more of the following components: meat/meat alternate, grain, milk) to qualify for a Complete Meal Pricing (per government reimbursable meal regulation.) Without all three components, students will be charged a higher Ala Carte Pricing and the meal will not qualify for Free/Reduced prices.

USDA is an equal opportunity provider and employer.

Hancock Public Schools

Week 6 Cycle Menu

USE THIS MENU ON THE WEEKS LISTED: Year 2019: Weeks of 10/7, 11/18
Year 2020 Weeks of: 1/13, 2/24, 4/13, 5/25

Grades K-12

Today's Entrée Choices (Choice One) all of these meals come with the Garden Harvest Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken Sandwich WG Breaded Chicken Patty on WG Hamburger Bun</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p> <p>V-Peanut Butter and Jelly Sandwich on Whole Grain Bread</p> <p>*****</p>	<p>Build Your Own Fiesta Nachos the fixins'- Beef & Tortilla Pieces Hot Cheese Sauce Top it off with some Vegetables from the Garden Harvest Bar</p> <p>Sour Cream Pkg (Optional)</p> <p>*****</p> <p>V-WG Cheese Quesadilla WG Tortilla Shell filled with Cheese Blend and Salsa Sour Cream Pkg (Optional)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p> <p>WG Popcorn Chicken Salad Tossed Romaine and Spinach Shredded Cheddar Cheese Grape Tomatoes WG Goldfish Crackers</p> <p>*****</p>	<p>Turkey and Cheese Sub Turkey and American Cheese on a Whole Grain Sub Bun (optional) Lt Mayo Pkg</p> <p>*****</p> <p>Pizza on Whole Wheat Crust (Cheese-V or Pepperoni*)</p> <p>*****</p> <p>V-Yogurt Lunch *****</p> <p>Fruit and Yogurt Parfait Hard Boiled Egg Bag of Pretzel Twists Whole Grain Muffin</p> <p>*****</p>	<p>*Stromboli Ham, Pepperoni, Salami and Mozzarella Cheese in a WG Golden Crust</p> <p>*****</p> <p>WG Chicken Nuggets Eie Only: w/ WG Dinner Roll MS/HS Only: w/ Onion Rings</p> <p>*****</p> <p>V-Yogurt Lunch *****</p> <p>Turkey Cheese Lunchable Crackers with Turkey and American Cheese Slices Served with Hummus and Carrot Sticks</p> <p>*****</p>	<p>V-WG Bosco Sticks Cheese Stuffed Breadsticks w/Marinara Dipping Sauce</p> <p>*****</p> <p>Tangerine Chicken Stir-Fry Vegetables and Brown Rice</p> <p>*****</p> <p>V-Yogurt Lunch *****</p> <p>V-Grilled Cheese Sandwich on WG Honey Wheat Bread</p> <p>*****</p>
Choose At Least 1/2 cup Serving From Today's Healthy Fruit and Vegetable Bar !!!!!!!				
<p>Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Slices Sweet Pepper Medley Fresh Broccoli Bites Fresh Orange Wedges Awesome Apple *****</p> <p>Steamed Baby Carrots Pears in Light Syrup *****</p> <p>Power Packed Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cucumber Coins Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Chilly Cool Oranges Crispy Apple *****</p> <p>Roasted Garbanzo Beans Applesauce *****</p> <p>Vitamin Rich Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cool as a Cucumber Rainbow Peppers Fresh Broccoli Bites Orange Smiles Delicious Red Apple *****</p> <p>Oven Baked Waffle Fries Cooks Choice Seasonal Fresh Fruit *****</p> <p>Mighty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Baby Carrots Cunchy Cucumber Red Pepper or Mini Sweet Peppers Fresh Broccoli Bites Orange Wedges An Apple A Day keeps the Dr. Away *****</p> <p>Mashed Potato 1/8 cup of Chicken Gravy Fruit cocktail in Light Syrup *****</p> <p>Frosty Milk</p>	<p>Romaine & Spinach Tossed Salad Grape Tomatoes Eye Opening Carrots Cucumber Spears Sweet Pepper Medley Fresh Broccoli Bites Sunshine Filled Orange Fresh Apple *****</p> <p>Broccoli Buds Mixed Berries *****</p> <p>Power Up Milk</p>

WG = Whole Grain

*Contains Pork

V= Vegetarian

All menus are subject to change based on product availability.

Notes for Parents and Students:

Lunch and Recess Times:	K-5 7:30-8:20 Daily 6-12 7:30 to 8:05
	Daily/Breakfast Times: K-5 7:30-8:20 Daily 6-12 7:30 to 8:05
	Complete Reimbursable Meal Prices:
	Breakfast: \$1.75 K-12 \$1.75 Adults \$2.50
	5th- 8th 11:04 - 11:34 9th -12th 12:03 - 12:33
Yogurt Lunch Components:	
-Choose 1 Yogurt Cup: Trix, Dannon, Go Big, or Greek	
-Choose one Protein: Boiled Egg, Colby Jack Cheese Cubes, String Cheese, or Cheddar Cheese Stick	
-Choose Two Grains: Muffin, Crackers, Cereal or Granola, etc.	
-REQUIRED 1/2 Cup Equivalent: of Fruit or Vegetable	
- Choice of Milk	
REMEMBER Lunch includes a choice of: Entree with grain/bread many vegetables & fruits variety of milk	
Students must select a 1/2 cup equivalent of fruit and/or vegetable to make a complete lunch.	
	K-12 Reduced Meal Prices: With Qualifying Application Breakfast \$0.30 Lunch \$0.40
	Extra Milk, or Milk without a complete meal \$0.50
	Every Complete Meal we serve comes with your choice of a 8oz carton of Fat Free Skim Milk or TruMoo 1% Chocolate Milk

Submit your Free & Reduced-price meal application online! Simply go to: www.lunchapp.com for a faster and more accurate process, or pick up a paper one in any office.

Make payments on your child's lunch account at www.sendmoneytoschool.com or send cash/check in with student's name and account number.

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