

HOWELL PUBLIC SCHOOLS

SECONDARY BREAKFAST MENU



Daily Menu

Choice of one Main Entrée:

- Sausage, Egg & Cheese Bagel
- Bacon, Egg & Cheese Bagel
- Bacon, Egg & Cheese Wrap & Graham Crackers
- Assorted Cereal & Graham Crackers
Cheerios, Cocoa Puffs, Rice Krispies
- Muffin & Graham Crackers
- Pop tart & Graham Crackers
Blueberry, Cinnamon, Fudge or Strawberry
- Cereal Bar and Graham Crackers
- Yogurt Cup & Gr. Crackers
- Mini Donuts
- Warm Cocoa Puffs Filled Bar
- Warm Cinnamon Toast Crunch Filled Bar
- Mini Pancakes or French Toast and Syrup

Choice of one Fruit:

- Apple or Orange
- 100% Fruit Juice
- Applesauce
- Banana

Choice of one Milk

- Skim White Milk
- 1% White Milk
- 1% Chocolate Milk
- 1% Strawberry Milk

*****All meals include choice of banana, Orange, Applesauce, juice or apple and a choice of milk**

Student Cost \$2.15

Reduced \$0.30

Adult \$2.60

Milk \$0.50

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This institution is an equal opportunity provider.

HOWELL PUBLIC SCHOOLS

Howell High School Lunch Menu 2019-2020

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Little Bit of Sicily Italian Cuisine \$3.05 & \$3.50 	Personal Deep Dish Cheese or Pepperoni Pizza Cheese Bosco Sticks or Pizza Bosco Sticks Comes with Marinara Sauce	Cheese or Pepperoni Pizza Cheese Bosco Sticks or Pizza Bosco Sticks Comes with Marinara Sauce	Personal Deep Dish Cheese or Pepperoni Pizza Cheese Bosco Sticks or Pizza Bosco Sticks Comes with Marinara Sauce	Cottage Inn Pizza Cheese or Pepperoni  Cheese Bosco Sticks or Pizza Bosco Sticks Marinara Sauce	Cheese or Pepperoni Pizza Cheese Bosco Sticks or Pizza Bosco Sticks Comes with Marinara Sauce
Highlander Grille Sandwiches & Chicken \$3.05 & \$3.50 	Cheeseburger, Chicken or Spicy Chicken Sandwich, Buffalo or Sriracha Boneless Chicken Wings, & Chicken Tenders, Mini Corn Dogs W/G Roll With Sweet Potatoes or Seasoned Fries	Cheeseburger, Chicken or Spicy Chicken Sandwich, Buffalo or Sriracha Boneless Chicken Wings, & Chicken Tenders W/G Roll With Sweet Potatoes or Seasoned Fries	Cheeseburger, Chicken or Spicy Chicken Sandwich, Buffalo or Sriracha Boneless Chicken Wings, & Chicken Tenders W/G Roll With Sweet Potatoes or Seasoned Fries	Cheeseburger, Chicken or Spicy Chicken Sandwich, Buffalo or Sriracha Boneless Chicken Wings, & Chicken Tenders, Mini Corn Dogs W/G Roll With Sweet Potatoes or Seasoned Fries	Cheeseburger, Chicken or Spicy Chicken Sandwich, Buffalo or Sriracha Boneless Chicken Wings, & Chicken Tenders W/G Roll With Sweet Potatoes or Seasoned Fries
Hot Off The Press \$3.50 Tues & Thurs The Dragon's plate Asian Cuisine M-W-F \$3.05 	Stir Fry: Choose from Orange Chicken or Sweet and Sour Cherry Blossom Chicken Stir Fry Vegetables and Rice Roll & Fortune Cookie PRETZEL & CHEESE SERVED DAILY	Ham and Cheese Grilled Panini on Rye Bread or Grilled Cheese Panini PRETZEL AND CHEESE SERVED DAILY	Orange Chicken or Sweet and Sour Cherry Blossom Chicken Stir Fry Vegetables and Rice Roll & Fortune Cookie PRETZEL & CHEESE SERVED DAILY	Turkey Club with Bacon, Mayo, Cheese, Spinach and Tomato on Flatbread or Grilled Cheese Panini PRETZEL AND CHEESE SERVED DAILY	Orange Chicken or Sweet and Sour Cherry Blossom Chicken Stir Fry Vegetables and Rice Roll & Fortune Cookie PRETZEL & CHEESE SERVED DAILY
The Ripe Tomato Italian Cuisine Made to order Pasta Bar Served M-W-F \$3.50 Ramen Noodle Bar Asian Cuisine Tues & Thurs \$3.50	The Ripe Tomato Made to order Pasta Choice of Pasta, Meat, Fresh Vegetables, Pasta Sauce and a Breadstick Parmesan Cheese and Red Pepper Available	NEW! Ramen Noodles Bar: Ramen Noodles, Chicken, Beef Sous Vide, Meatballs, Korean BBQ Chicken, Choice of Broth, Seasonings, Fresh Vegetables and Roll	The Ripe Tomato Pasta Choice: Penne or Spaghetti Meat Choice: Diced Chicken, Meatballs or Ground Beef	RAMEN NOODLE BAR 	The Ripe Tomato Choice of Fresh Vegetables: Broccoli, Mushrooms, Onions, Green Peppers, Broccoli, Shredded Carrots 
It's a Wrap Grab-N-Go Meals \$3.50 	Buffalo Chicken, Cheddar& Romaine Wrap Daily Specials Ham & Cheese or Turkey Chef's Salad, Crispy Chicken Wrap and PBJ Uncrustable Platter	Turkey, Bacon, American Cheese & Romaine Wrap Green Peas available Chicken Fajita, American Cheese & Romaine Wrap	Turkey, American Cheese & Spinach Wrap Spicy Chicken, Cheddar& Romaine Wrap	Ham, Turkey, Bacon, Tomato & Romaine Wrap Chicken Fajita, American Cheese & Romaine Wrap	Turkey, Ham, Romaine & American Cheese Wrap Spicy Chicken, Cheddar& Romaine Wrap
Picantes M-W-F Mexican Cuisine \$3.05 	Chicken Fajita, Seasoned Beef, Mexican Rice, Refried Beans, Cheese, Soft Shell, Doritos or Taco Bowl Lettuce, Jalapeños Salsa, Tomatoes, Onions, Green Peppers and Sour Cream		Chicken Fajita, Seasoned Beef, Mexican Rice, Refried Beans, Cheese, Soft Shell, Doritos or Taco Bowl Lettuce, Jalapeños Salsa, Tomatoes, Onions, Green Peppers and Sour Cream		Chicken Fajita, Seasoned Beef, Mexican Rice, Refried Beans, Cheese, Soft Shell, Doritos or Taco Bowl Lettuce, Jalapeños Salsa, Tomatoes, Onions, Green Peppers and Sour Cream
The Spud Depot Tuesday's & Thursday's Mashed Potato Bowl & Toppings \$3.05 		Popcorn Chicken Bowl Mashed Potatoes topped with Sweet Corn, Gravy, Popcorn Chicken and Cheddar Cheese Many Fresh Vegetable Toppings Available Comes with W/G Roll		Popcorn Chicken Bowl Mashed Potatoes topped with Sweet Corn, Gravy, Popcorn Chicken and Cheddar Cheese Many Fresh Vegetable Toppings Available Comes with W/G Roll	

All meals include milk, fruit & vegetable Adult Lunch \$4.20 Reduced \$0.40 Milk \$0.50

Milk available – white skim, 1% white and 1% chocolate and 1% strawberry

Available Daily: Grapes, Watermelon, Apples, 100% Fruit Juice, Romaine Salad, Broccoli & Baby Carrots

Menu written by Sharon A. Lenard, Food Service Director