

HOWELL PUBLIC SCHOOLS

SECONDARY BREAKFAST MENU



Daily Menu

Choice of one Main Entrée:

- Sausage, Egg & Cheese Bagel
- Bacon, Egg & Cheese Bagel
- Warm Donut
- Assorted Cereal & Graham Crackers
- Muffin & 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

*****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.

***MENU SUBJECT TO CHANGE**

HOWELL PUBLIC SCHOOLS

Highlander Way Middle School Lunch Menu 20120-2021

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Little Bit of Sicily Italian Cuisine \$3.05 & \$3.50 	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 Pretzel & Cheese	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 Pretzel & Cheese	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, Chicken Tenders, Mini Corn Dogs W/G Roll With Sweet Potatoes or Seasoned Fries	Cheeseburger, Chicken or Spicy Chicken Sandwich, Chicken Tenders W/G Roll With Sweet Potatoes or Seasoned Fries	Cheeseburger, Chicken or Spicy Chicken Sandwich, Chicken Tenders W/G Roll With Sweet Potatoes or Seasoned Fries	Cheeseburger, Chicken or Spicy Chicken Sandwich, Chicken Tenders W/G Roll With Sweet Potatoes or Seasoned Fries	Cheeseburger, Chicken or Spicy Chicken Sandwich, Chicken Tenders W/G Roll With Sweet Potatoes or Seasoned Fries
 The Ripe Tomato Italian Cuisine Made to order Pasta Bar Served M-W-F \$3.50  The Spud Depot Served Tue & Thurs Mashed Potato Bowl \$3.05 Tacho's \$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	Popcorn Chicken Bowl Mashed Potatoes topped with Sweet Corn, Gravy, Popcorn Chicken and Cheddar Cheese NEW! TACHO'S Tatar Tots or Wedges topped with fritos, taco meat and cheese sauce Many Fresh Vegetable Toppings Available Comes with W/G Roll	The Ripe Tomato Pasta Choice: Penne or Spaghetti Meat Choice: Diced Chicken, Meatballs or Ground Beef	Popcorn Chicken Bowl Mashed Potatoes topped with Sweet Corn, Gravy, Popcorn Chicken and Cheddar Cheese NEW! TACHO'S Tatar Tots or Wedges topped with fritos, taco meat and cheese sauce Many Fresh Vegetable Toppings Available Comes with W/G Roll Pretzel & Cheese Available	The Ripe Tomato Choice of Fresh Vegetables: Broccoli, Mushrooms, Onions, Green Peppers, Broccoli, Shredded Carrots
It's a Wrap Specialty Wraps Grab-N-Go Meals \$3.50 	Buffalo Chicken, Cheddar & Romaine Wrap Daily Specials Ham & Cheese Chef's Salad, Turkey & Cheese Chef's Salad and PBJ Uncrustable Grab-N-Go Meals	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, Refried Beans, Cheese, Soft Shell, Doritos or Taco Bowl Lettuce, Jalapeños Salsa, Tomatoes, and Sour Cream		Chicken Fajita, Seasoned Beef, Refried Beans, Cheese, Soft Shell, Doritos or Taco Bowl Lettuce, Jalapeños Salsa, Tomatoes, and Sour Cream		Chicken Fajita, Seasoned Beef, Refried Beans, Cheese, Soft Shell, Doritos or Taco Bowl Lettuce, Jalapeños Salsa, Tomatoes, and Sour Cream

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