



Sept 2-6 Saugatuck MS-HS

Wk3

BREAKFAST

Daily Breakfast GrabnGo: Poptart, Lucky Charms, Cinnamon Toast, CocoPuffs, Trix. Assorted fresh & canned fruit, 100% fruit juice & choice of milk available daily. **SPECIAL BREAKFAST ITEMS EACH DAY!**

Monday

Fruit Frudel

Tuesday

Breakfast Pizza

Wednesday

Fun Dunkers

Thursday

Egg & Cheese Muffin

Friday

WG Waffles

DAILY FRUITS & VEGGIES

A variety of:

Romaine Salad mix
Cucumbers
Tomato
Carrots
Broccoli
Cauliflower
Tri-color peppers
Mushrooms
Spinach
Fresh & Canned Fruit

ITALIAN TABLE

Daily

Cheese Pizza

Monday

No School – Labor Day

Tuesday

Meat Lovers Pizza

Wednesday

Stromboli

Thursday

Buffalo Chicken Pizza

Friday

Calzone

Served Daily with

½ cup Fruit
½ cup Vegetable
8 oz. Choice of Milk

WORLD FLAIR

Monday

No School – Labor Day

Tuesday

Food Truck Waffle Cone:

Kentucky BBQ Chicken or
Asian Ginger Chicken
Waffle Fries
Sweet Potato Fries

Wednesday

Asian Bowl:

Teriyaki Chicken
Vegetable Fried Rice
Fortune Cookie
WG Vegetable Egg Roll
Vegetable Stir Fry

Thursday

Breakfast Bowl:

Funnel Cake Waffle with
Scrambled Eggs
Strawberries
Melon
Home-style Potato Cubes
Diced Onions & Peppers

Friday

Tostada Fiesta:

Tostada Corn Shell
Taco Meat, Chicken Fajita
Mexican Rice, Guacamole
Salsa Verde, Pico de Gallo
Shredded Lettuce & Cheese
Refried Beans

GRILL HOUSE

Served Daily

Spicy or Regular Chicken Patty
Home-style Cheeseburgers
All served on Fresh WG Bun

Monday

No School – Labor Day

Tuesday

Cheese Stuff breadsticks with dipping
sauce

Wednesday

Buffalo Chicken Poppers

Thursday

Warm ham, turkey & bacon club
sandwich

Friday

Breaded chicken leg with biscuit

QUICK STOP

Served Daily

Hummus Plate
Chef Salad
Southwest Cobb Salad
Chicken Fajita Salad
Breakfast for Lunch Pack
PBJ Uncrustable Pack
Fruit Parfait
Deli Sandwich Snack Pack

* Menu subject to change.
This institution is an equal
opportunity provider.

Breakfast Reduced = Free
Breakfast Full Pay = \$1.90
Lunch Reduced = \$.40
Lunch Full Pay = \$2.85 (6-12)



Sept 9-13 Saugatuck MS-HS

Wk4

BREAKFAST

Daily Breakfast GrabnGo: Poptart, Lucky Charms, Cinnamon Toast, CocoPuffs, Trix. Assorted fresh & canned fruit, 100% fruit juice & choice of milk available daily.

Monday

Fruit Frudel

Tuesday

Breakfast Pizza

Wednesday

Fun Dunkers

Thursday

Egg & Cheese Muffin

Friday

WG Waffles

DAILY FRUITS & VEGGIES

A variety of:

Romaine Salad Mix
Cucumbers
Tomato
Carrots
Broccoli
Cauliflower
Tri-color peppers
Mushrooms
Spinach
Fresh & Canned Fruit

ITALIAN TABLE

Daily

Cheese Pizza

Monday

Pepperoni Pizza

Tuesday

Meat Lovers Pizza

Wednesday

Stromboli

Thursday

Buffalo Chicken Pizza

Friday

Calzone

Served Daily with

½ cup Fruit
½ cup Vegetable
8 oz. Choice of Milk

WORLD FLAIR

Monday

Pasta Plate:

Lasagna w/Meat Sauce
Three Cheese Tortellini
w/ Spaghetti Sauce
WG Texas Toast
Italian Vegetables
Roasted Zucchini

Tuesday

Home Cookin' Plate:

Open Face Turkey or Beef Sandwich
Gravy & Mashed Potatoes
WG Texas Toast (2)
Roasted Potato Medley
Seasoned Green Beans

Wednesday

Korean Plate:

Korean Beef Dippers or Korean Chicken
Oriental Fried Rice
Korean Noodles
Midori Vegetable Blend

Thursday

Grillin' Plate:

BBQ Chicken Leg or BBQ Chicken Breast
Honey Corn Muffin
Corn on the Cob
Seasoned Potato Wedges
Cole Slaw & Potato Salad

Friday

Walking Taco Plate:

Seasoned Taco Meat
WG Nacho Chips
WG Fiesta Rice
Pico de Gallo, Salsa Verde
Home-style Guacamole
Seasoned Refried Beans
Flame Roasted Corn

GRILL HOUSE

Served Daily

Spicy or Regular Chicken Patty
Home-style Cheeseburgers
All served on Fresh WG Bun

Monday

Mini Cheeseburger Sliders

Tuesday

Cheese Stuff breadsticks with dipping
sauce

Wednesday

Buffalo Chicken Poppers

Thursday

Warm ham, turkey & bacon club
sandwich

Friday

Breaded chicken leg with biscuit

QUICK STOP

Served Daily

Hummus Plate
Chef Salad
Southwest Cobb Salad
Chicken Fajita Salad
Breakfast for Lunch Pack
PBJ Uncrustable Pack
Fruit Parfait
Deli Sandwich Snack Pack

Breakfast Reduced = Free

Breakfast Full Pay = \$1.90

Lunch Reduced = \$.40

Lunch Full Pay = \$2.85 (6-12)

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Sept 16-20 Saugatuck MS-HS

Wk1

BREAKFAST

Daily Breakfast GrabnGo: Poptart, Lucky Charms, Cinnamon Toast, CocoPuffs, Trix. Assorted fresh & canned fruit, 100% fruit juice & choice of milk available daily.

Monday

NO SCHOOL

Tuesday

Breakfast Pizza

Wednesday

Fun Dunkers

Thursday

Egg & Cheese Muffin

Friday

NO SCHOOL

DAILY FRUITS & VEGGIES

A variety of:

Romaine Salad Mix
Cucumbers
Tomato
Carrots
Broccoli
Cauliflower
Tri-color peppers
Mushrooms
Spinach
Fresh & Canned Fruit

ITALIAN TABLE

Daily

Cheese Pizza

Monday

Pepperoni Pizza

Tuesday

Meat Lovers Pizza

Wednesday

Stromboli

Thursday

Buffalo Chicken Pizza

Friday

Calzone

Served Daily with

½ cup Fruit
½ cup Vegetable
8 oz. Choice of Milk

WORLD FLAIR

Monday

Pasta Plate:

Mac & Cheese or Buffalo Mac & Cheese
WG Texas Toast
Seasoned Broccoli
Glazed Carrots

Tuesday

Home Cookin'Plate:

Pork Fritter or Home-made Meatloaf
Roasted Red Skin Potatoes
Mashed Potatoes
WG Honey Corn Biscuit
Riviera Blend
Sautéed Corn

Wednesday

Asian Bowl:

Sweet Thai Chili Chicken
Asian Fried Rice
WG Vegetable Egg Roll
Asian Stir Fry
Stir Fried Bok Choy w/
Mushrooms & Onions

Thursday

Food Truck:

Roasted Brats on WG Bun
Hot Dog on WW Bun
Onions & Peppers
Pickle Relish
Lettuce, Tomato
BBQ Green Beans

Friday

Taco Rice Bowl:

WG Tortilla Chips
Seasoned Taco Beef or Chicken Fajita
Cheese sauce, Mexican Rice
Pico de Gallo, Fresh Guacamole
Roasted Corn & Black Beans

GRILL HOUSE

Served Daily

Spicy or Regular Chicken Patty
Home-style Cheeseburgers
All served on Fresh WG Bun

Monday

Mini Cheeseburger Sliders

Tuesday

Cheese Stuff breadsticks with dipping
sauce

Wednesday

Buffalo Chicken Poppers

Thursday

Warm ham, turkey & bacon club
sandwich

Friday

Breaded chicken leg with biscuit

QUICK STOP

Served Daily

Hummus Plate
Chef Salad
Southwest Cobb Salad
Chicken Fajita Salad
Breakfast for Lunch Pack
PBJ Uncrustable Pack
Fruit Parfait
Deli Sandwich Snack Pack

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Sept 23-27 Saugatuck MS-HS

Wk2

BREAKFAST

Daily Breakfast GrabnGo: Poptart, Lucky Charms, Cinnamon Toast, CocoPuffs, Trix. Assorted fresh & canned fruit, 100% fruit juice & choice of milk available daily.

Monday

Fruit Frudel

Tuesday

Breakfast Pizza

Wednesday

Fun Dunkers

Thursday

Egg & Cheese Muffin

Friday

WG Waffles

DAILY FRUITS & VEGGIES

A variety of:

Romaine Salad Mix
Cucumbers
Tomato
Carrots
Broccoli
Cauliflower
Tri-color peppers
Mushrooms
Spinach
Fresh & Canned Fruit

ITALIAN TABLE

Daily

Cheese Pizza

Monday

Pepperoni Pizza

Tuesday

Meat Lovers Pizza

Wednesday

Stromboli

Thursday

Buffalo Chicken Pizza

Friday

Calzone

Served Daily with

½ cup Fruit
½ cup Vegetable
8 oz. Choice of Milk

WORLD FLAIR

Monday

Pasta Plate:

Pasta Primavera w/ Meat Sauce or
Pasta Primavera w/ Creamy Chicken
Sauce
WG Garlic Breadstick Twist
Italian Broccoli
Glazed Rosemary Baby Carrots

Tuesday

Fast Food:

WG Breaded Popcorn Chicken or
Spicy Popcorn Chicken
Red Skin Mashed Potatoes
Chicken Gravy
WG Dinner Roll
Corn on the Cob

Wednesday

Asian Plate:

General Tso's Chicken
Lo Mein Noodles
Fortune Cookie
Asian Vegetable

Thursday

Food Truck:

Slow Roasted Maple-Bacon Ribs or
Memphis Sweet Ribs
Potato Salad
WG Garlic Toast (2)
Home-style Baked Beans
Corn on the Cob

Friday

Cuban Rice Bowl:

Cuban Chicken
Cilantro Rice
Guacamole
Salsa Verde
Pico de Gallo
Seasoned Black Beans

GRILL HOUSE

Served Daily

Spicy or Regular Chicken Patty
Home-style Cheeseburgers
All served on Fresh WG Bun

Monday

Mini Cheeseburger Sliders

Tuesday

Cheese Stuff breadsticks with dipping
sauce

Wednesday

Buffalo Chicken Poppers

Thursday

Warm ham, turkey & bacon club
sandwich

Friday

Breaded chicken leg with biscuit

QUICK STOP

Served Daily

Hummus Plate
Chef Salad
Southwest Cobb Salad
Chicken Fajita Salad
Breakfast for Lunch Pack
PBJ Uncrustable Pack
Fruit Parfait
Deli Sandwich Snack Pack

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Sept 30-Oct 4 Saugatuck MS-HS

BREAKFAST

Daily Breakfast GrabnGo: Poptart, Lucky Charms, Cinnamon Toast, CocoPuffs, Trix. Assorted fresh & canned fruit, 100% fruit juice & choice of milk available daily. **SPECIAL BREAKFAST ITEMS EACH DAY!**

Monday

Fruit Frudel

Tuesday

Breakfast Pizza

Wednesday

Fun Dunkers

Thursday

Egg & Cheese Muffin

Friday

WG Waffles

DAILY FRUITS & VEGGIES

A variety of:

Romaine Salad mix
Cucumbers
Tomato
Carrots
Broccoli
Cauliflower
Tri-color peppers
Mushrooms
Spinach
Fresh & Canned Fruit

ITALIAN TABLE

Daily

Cheese Pizza

Monday

Pepperoni Pizza

Tuesday

Meat Lovers Pizza

Wednesday

Stromboli

Thursday

Buffalo Chicken Pizza

Friday

Calzone

Served Daily with

½ cup Fruit
½ cup Vegetable
8 oz. Choice of Milk

WORLD FLAIR

Monday

Chili Cheese Fries:

Baked Seasoned Waffle Fries or
Baked Sweet Potato Waffle Fries
Chili w/ Beans
Cheese Sauce, Turkey Bacon
Sour Cream, Green Onion
WG Tortilla Chips
Steamed Green Beans
Roasted Brussels Sprouts

Tuesday

Food Truck Waffle Cone:

Kentucky BBQ Chicken or
Asian Ginger Chicken
Waffle Fries
Sweet Potato Fries

Wednesday

Asian Bowl:

Teriyaki Chicken
Vegetable Fried Rice
Fortune Cookie
WG Vegetable Egg Roll
Vegetable Stir Fry

Thursday

Breakfast Bowl:

Funnel Cake Waffle with
Scrambled Eggs
Strawberries
Melon
Home-style Potato Cubes
Diced Onions & Peppers

Friday

Tostada Fiesta:

Tostada Corn Shell
Taco Meat, Chicken Fajita
Mexican Rice, Guacamole
Salsa Verde, Pico de Gallo
Shredded Lettuce & Cheese
Refried Beans

GRILL HOUSE

Served Daily

Spicy or Regular Chicken Patty
Home-style Cheeseburgers
All served on Fresh WG Bun

Monday

Mini Cheeseburger Sliders

Tuesday

Cheese Stuff breadsticks with dipping
sauce

Wednesday

Buffalo Chicken Poppers

Thursday

Warm ham, turkey & bacon club
sandwich

Friday

Breaded chicken leg with biscuit

QUICK STOP

Served Daily

Hummus Plate
Chef Salad
Southwest Cobb Salad
Chicken Fajita Salad
Breakfast for Lunch Pack
PBJ Uncrustable Pack
Fruit Parfait
Deli Sandwich Snack Pack

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