



October 2018

Pinewood GSRP Menu



Your lunch includes: An entrée with protein and whole grains, up to two (2) vegetable side dishes, 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 skim chocolate. All milk is Michigan-produced and artificial hormone-free.

Monday	Tuesday	Wednesday	Thursday	Friday
October 1	October 2	October 3	October 4	October 5
Bosco Cheese Breadsticks (2) with Marinara Sauce Grape Tomatoes Fruit Cocktail	Macaroni & Cheese with Garlic Toast Steamed Broccoli Fresh Grapes	Hot Dog Golden Corn Mandarin Oranges	Fish Treasures (4) Baked Beans Dragon Punch	
October 8	October 9	October 10	October 11	October 12
Pancakes & Cheese Omelet Celery Sticks 100% Grape Juice	Chicken Noodle & Rice Soup with Mini Bosco Stick and Cheddar Goldfish Baby Carrots Pineapple Tidbits	Pepperoni Pizza Bites Romaine Ribbons Banana	Deli Turkey & Cheese Sandwich Baby Carrots Applesauce	
October 15	October 16	October 17	October 18	October 19
Cheese Pizza Quesdiilla Fiesta Black Beans Fruit Cocktail	Walking Taco Romaine Ribbons Fresh Grapes	Hamburger or Cheeseburger Sweet Potato Cubes Diced Peaches	Chicken Nuggets with WG Breadstick Baby Carrots Diced Pears	
October 22	October 23	October 24	October 25	October 26
Bosco Cheese Breadsticks (2) with Marinara Sauce Fresh Broccoli Florets Diced Peaches	Chicken Noodle & Rice Soup with Mini Bosco Stick and Baby Carrots Fresh Grapes	Garlic Cheese Bread Baked Beans Mandarin Oranges	Chicken Alfredo Pasta with Garlic Toast Power Peas Orange Wedges	
October 29	October 30	October 31	November 1	November 2
Wild Mike's Cheese Bites Corn Fresh Apple	Meaty Chili & Baked Tortilla Scoops Mini Baked Potato Diced Pears	Chicken Corn Dog Baked Beans Diced Peaches 	Mac & Meat with Garlic Toast Green Beans Dragon Punch	

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 or ask your school office for a paper



Questions? Comments?
 Email: foodservice@hpseagles.net



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

