

Middle Schools: A complete meal includes a choice of entrée (protein and grain), up to 2 servings of vegetables, 1 serving of fruit, and a choice of milk. Milk choices include $1 \%$ white, and skim chocolate. Students must select $1 / 2$ cup of fruit or vegetable with a qualified meal.
High Schools: A complete meal includes a choice of entrée (protein and grain), up to 2 servings of vegetables, 2 servings of fruit, and a choice of milk. Milk choices include $1 \%$ white, and skim chocolate. Students must select $1 / 2$ cup of fruit or vegetable with a qualified meal.

| Student Lunch FREE |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
| Special of the Day | Turkey Gravy <br> Mashed Potatoes <br> Dinner Rolls | Three Cheese Cavitappi Pasta <br> Garlic Toast <br> Green Beans <br> Tator Tots <br> Cole Slaw | Deli Sandwich Bar with all of the fixings! <br> Tropical Salad with Blueberries | Wet Burrito <br> Tortilla Chips <br> Fiesta Black Beans <br> Hash Brown Triangles | 2-for-1 Hot Dogs <br> Chili Sauce/Cheddar Cheese California Blend Vegetables <br> Kiwi |
| Hot <br> Sandwiches | Hamburger or Cheeseburger | Mini Corn Dogs | Chicken Tenders \& Goldfish Crackers | Chicken Patty on Bun | Wild Mike's Cheese Bites or Fish Patty Sandwich |
| Featured Salad | All salads will packaged as grab \& go options with the choice of pre-cupped proteins: diced ham, diced turkey, cheddar cheese, hard-boiled eggs, and taco meat. Students may select 2 cups of protein. Each salad will offer 2 servings of WG croutons and a blueberrv muffin. |  |  |  |  |
| Pizza | Classic Cheese or Pepperoni Pizza | Pepperoni Calzone | Classic Cheese or Pepperoni Pizza | Chicken Pizzadilla | Classic Cheese or Pepperoni Pizza |
| Fruits and Vegetables | Daily Vegetable choices <br> Daily Fruit choices can <br> Students MUST select | can include: Baby Carro <br> include: Variety of Cann and Seasonal Fruit <br> $1 / 2$ cup of fruit or vege | ts, Romaine Lettuce, Be Cucumbers, Tomatoes <br> ed Fruit, 100\% Fruit Juice Clementines, Kiwi, Wate <br> table to qualify as a full | Salad, Broccoli, Caulif <br> e, and Fresh Fruit: App melon, Cantaloupe) <br> meal and to be charged | lower, Celery, Coleslaw, <br> les, Oranges, Bananas, <br> the correct meal price. |
| Grab \& Go | Fruit Yogurt Parfait w/ Granola Topping | Fruit Yogurt Parfait w/ Granola Topping | Fruit Yogurt Parfait w/ Granola Topping | Fruit Yogurt Parfait w/ Granola Topping | Chicken Salad on Croissant Fruit Yogurt Parfait w/ Granola Topping |

This institution is an equal opportunity provider.


Jenison/Hudsonville Secondary Menu
March 4-8, 2024


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| Student Lunch FREE Milk Only \$0.50 Adult Lunch \$5.00 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
| Special of the Day | Popcorn Chicken Bowl <br> Popcorn Chicken <br> Mashed Potatoes <br> Chicken Gravy <br> Corn <br> WG Biscuit | Breakfast for Lunch <br> Cheese Omelet <br> Dutch Waffle <br> Seasoned Potato Cubes <br> Bean Salad | Lasagna Roll Up <br> Garlic Toast <br> Cali Blend Veggies <br> Tropical Salad with Blueberries | Classic Mac \& Cheese <br> Bar Homemade Mac \& Cheese <br> Ham or Bacon <br> Steamed Broccoli <br> Blueberry Muffin <br> Hash Brown Triangles | Taco Bar <br> Beef Taco Meat Tortilla Shells/Taco Shells <br> Refried Beans Homemade Pico de Gallo Cheddar Cheese Kiwi |
| Hot Sandwiches | Hamburger or Cheeseburger | Hamburger or Cheeseburger | Spicy Chicken Tenders \& Goldfish Crackers | Honey Rib Sandwich | Mozzarella Cheese Sticks |
| Featured Salad | Salads are packaged as grab \& go options with the choice of pre-cupped proteins: diced ham, diced turkey, cheddar cheese, hard-boiled eggs, and taco meat. Students may select 2 cups of protein. Each salad will offer 2 servings of WG croutons and a blueberry muffin. |  |  |  |  |
| Pizza | Classic Cheese or Pepperoni Pizza | Pepperoni \& Sausage Stromboli | Classic Cheese or Pepperoni Pizza | Garlic Cheese Bread | Classic Cheese or Pepperoni Pizza |
| Fruits and Vegetables | Daily Vegetable choices can include: Baby Carrots, Romaine Lettuce, Bean Salad, Broccoli, Cauliflower, Celery, Coleslaw, Cucumbers, Tomatoes <br> Daily Fruit choices can include: Variety of Canned Fruit, 100\% Fruit Juice, and Fresh Fruit: Apples, Oranges, Bananas, and Seasonal Fruit (Clementines, Kiwi, Watermelon, Cantaloupe) <br> Students MUST select a $1 / 2$ cup of fruit or vegetable to qualify as a full meal and to be charged the correct meal price. |  |  |  |  |
| Grab \& Go | Fruit Yogurt Parfait w/ Granola Topping | Fruit Yogurt Parfait w/ Granola Topping | Fruit Yogurt Parfait w/ Granola Topping | Fruit Yogurt Parfait w/ Granola Topping | Egg Salad on Bread <br> Fruit Yogurt Parfait w/ Granola Topping |

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| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Special of the Day | Bosco Breadsticks (2) <br> with Spaghetti Sauce | Kickin' Bacon Mac \& Cheese <br> Garlic Toast <br> Waffle Fries <br> Cole Slaw | Deli Sandwich Bar with all of the fixings! <br> Baked Beans <br> Tropical Salad with Blueberries | Breaded Chicken Drumstick <br> Au Gratin Potatoes <br> WG Biscuit <br> Hash Brown Triangles | Potato Bar <br> Seasoned Potato Wedges <br> Beef Taco Meat <br> Homemade Queso <br> Steamed Broccoli \& Garlic Toast <br> Kiwi <br> Hudsonville Early Release <br> Sack Lunch Available |
| Hot Sandwiches | Breakfast Sandwich | Honey Rib Sandwich | Chicken Tenders \& Goldfish Crackers | Mini Corndogs | Wild Mike's Cheese Bites or Fish Patty Sandwich |
| Featured Salad | Salads are packaged as grab \& go options with the choice of pre-cupped proteins: diced ham, diced turkey, cheddar cheese, hard-boiled eggs, and taco meat. Students may select 2 cups of protein. Each salad will offer 2 servings of WG croutons and a blueberry muffin. |  |  |  |  |
| Pizza | Classic Cheese or Pepperoni Pizza | Pepperoni Pizza Stix | Classic Cheese or Pepperoni Pizza | Pepperoni Calzone | Classic Cheese or Pepperoni Pizza |
| Fruits and Vegetables | Daily Vegetable choices can include: Baby Carrots, Romaine Lettuce, Bean Salad, Broccoli, Cauliflower, Celery, Coleslaw, Cucumbers, Tomatoes <br> Daily Fruit choices can include: Variety of Canned Fruit, 100\% Fruit Juice, and Fresh Fruit: Apples, Oranges, Bananas, and Seasonal Fruit (Clementines, Kiwi, Watermelon, Cantaloupe) <br> Students MUST select a $1 / 2$ cup of fruit or vegetable to qualify as a full meal and to be charged the correct meal price. |  |  |  |  |
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| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Special of the Day | Chicken Alfredo Pasta Bar <br> Grilled Chicken <br> Alfredo Sauce <br> Rotini Pasta <br> Garlic Toast <br> Steamed Broccoli <br> Jenison No School | Pork Choppette Mashed Potatoes \& Gravy <br> Dinner Roll <br> Tator Tots <br> Cold Bean Salad | Orange Chicken or Cherry Chicken Brown Rice Midori Blend Veggies <br> Tropical Salad with Blueberries | Breakfast for Lunch <br> French Toast Sticks <br> Sausage Patty <br> Hash Brown Triangles | Meaty Chili <br> Baked Scoops <br> Shredded Cheddar <br> Carrot Coins <br> Kiwi |
| Hot Sandwiches | Chicken Smackers \& Goldfish Crackers | Hamburger or Cheeseburger | Spicy Chicken Tenders \& Goldfish Crackers | Honey Rib Sandwich | Mozzarella Cheese Sticks or Fish Patty Sandwich |
| Featured Salad | Salads are packaged as grab \& go options with the choice of pre-cupped proteins: diced ham, diced turkey, cheddar cheese, hard-boiled eggs, and taco meat. Students may select 2 cups of protein. Each salad will offer 2 servings of WG croutons and a blueberry muffin. |  |  |  |  |
| Pizza | Classic Cheese or Pepperoni Pizza | Chicken Pizzadilla | Classic Cheese or Pepperoni Pizza | Pepperoni \& Sausage Stromboli | Classic Cheese or Pepperoni Pizza |
| Fruits and Vegetables | Daily Vegetable choices <br> Daily Fruit choices can <br> Students MUST select | can include: Baby Carr <br> nclude: Variety of Can and Seasonal Fruit <br> $1 / 2$ cup of fruit or veg | ts, Romaine Lettuce, Be Cucumbers, Tomatoes <br> ed Fruit, 100\% Fruit Juice, Clementines, Kiwi, Wate <br> table to qualify as a full | Salad, Broccoli, Caul <br> e, and Fresh Fruit: App melon, Cantaloupe) <br> meal and to be charged | lower, Celery, Coleslaw, <br> les, Oranges, Bananas, <br> the correct meal price. |
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| :---: | :---: | :---: | :---: | :---: | :---: |
| Special of the Day | Walking Taco RF Nacho Doritos Beef Taco Meat Cheddar Cheese Refried Beans | Breakfast for Lunch <br> Scrambled Eggs <br> Apple Cinnamon Texas Toast <br> Seasoned Potato Cubes <br> Cole Slaw | Meatball Sub <br> Mozzarella Cheese <br> Chicken Parmesan Sandwich <br> Tropical Salad with Blueberries | Asian Chicken Bowl <br> Popcorn Chicken <br> Brown Rice <br> General Tso Sauce <br> Hash Brown Triangles <br> No School Hudsonville | $\begin{gathered} \text { NO SCHOOL } \\ \text { SPRING BREAK } \end{gathered}$ |
| Hot <br> Sandwiches | Breakfast Sandwich | Hamburger or Cheeseburger | Chicken Smackers \& Goldfish Crackers | Chicken Tenders \& Goldfish |  |
| Featured Salad | Salads are packaged as grab \& go options with the choice of pre-cupped proteins: diced ham, diced turkey, cheddar cheese, hard-boiled eggs, and taco meat. Students may select 2 cups of protein. Each salad will offer 2 servings of WG croutons and a blueberry muffin. |  |  |  |  |
| Pizza | Classic Cheese or Pepperoni Pizza | Pepperoni Pizza Stix | Classic Cheese or Pepperoni Pizza | Pepperoni Calzone |  |
| Fruits and Vegetables | Daily Vegetable choices <br> Daily Fruit choices can <br> Students MUST select | can include: Baby Carro <br> include: Variety of Cann and Seasonal Fruit <br> $1 / 2$ cup of fruit or veget | ts, Romaine Lettuce, Be Cucumbers, Tomatoes <br> ed Fruit, 100\% Fruit Ju Clementines, Kiwi, Wat <br> table to qualify as a full | Salad, Broccoli, Caulif <br> e, and Fresh Fruit: App melon, Cantaloupe) <br> meal and to be charged | wer, Celery, Coleslaw <br> Oranges, Bananas, <br> e correct meal price. |
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