



JANUARY | 2018

Bear Lake Middle/High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy New Year 2018!	2 No School	3 Breakfast French Toast Lunch Popcorn Chicken, Baked French Fries, Tropical Fruit OR Corn Dog, Baked Beans	4 Breakfast Egg & Sausage Sandwich Lunch Cheeseburger, WG Bun, Green Bean Fries, Peaches OR HM Chicken Noodle Soup, Bosco	5 Breakfast Bagels & Cream Cheese Lunch Garlic Cheese French Bread, Broccoli, MI Apples OR Yogurt Parfait, Granola, Blueberry Muffin
8 Breakfast Cinnamon Roll Lunch Chicken and Waffles, Steamed Green Beans, Pears OR HM Chili, Stuffed Pretzel Stick	9 <i>*Taco Tuesday!*</i> Breakfast Breakfast Pizza Lunch Soft Shell Tacos, Tex-Mex Rice, Salsa, Tostitos, Pineapple OR Grilled Cheese & Tomato Soup	10 Breakfast Maple Pancakes Lunch Chicken Patty, WG Bun, Hash Brown Stars, Diced Peaches OR Corn Dog, Baked Beans	11 Breakfast Banana Bread Lunch Italian Spaghetti, Garlic Bread, Buttered Corn, Mixed Fruit OR HM Chicken Noodle Soup, Bosco	12 Breakfast Sausage & Pancake Wrap Lunch Stuffed Crust Pepperoni Pizza, Broccoli, MI Apples OR Yogurt Parfait, Granola, Blueberry Muffin
15 Breakfast Fresh Baked UBR Lunch HM Sloppy Joes, Green Bean Fires, Mixed Fruit OR HM Chili, Stuffed Pretzel Stick	16 Breakfast Hawaiian Ham & Cheese Lunch French Toast, Sausage Patties, Hash Browns, Peaches OR Grilled Cheese & Tomato Soup	17 Breakfast French Toast Lunch "Laker Bowl", Chicken, Mashed Potatoes, Corn, Gravy, Cheese OR Corn Dog, Baked Beans	18 Breakfast Egg & Sausage Sandwich Lunch Tangerine Chicken, Brown Rice, Stir-Fry Veggies, Pineapple OR HM Chicken Noodle Soup, Bosco	19 Breakfast Bagels & Cream Cheese Lunch Three Cheese French Bread, Broccoli, MI Apples OR Yogurt Parfait, Granola, Blueberry Muffin
22 Breakfast Cinnamon Roll Lunch HM Chicken Ala King, Mixed Veggies, Fresh Biscuit OR HM Chili, Stuffed Pretzel Stick	23 <i>*Taco Tuesday!*</i> Breakfast Breakfast Pizza Lunch Soft Shell Tacos, Cheesy Bean Dip, Salsa, Tostitos, Pineapple OR Grilled Cheese & Tomato Soup	24 Breakfast Maple Pancakes Lunch Philly Cheese Steak, Seasoned Curly Fries, Applesauce OR Corn Dog, Baked Beans	25 Breakfast Banana Bread Lunch Chicken Alfredo, Garlic Bread, Broccoli, Sliced Peaches OR Corn Dog, Green Bean Fries	26 Breakfast Sausage & Pancake Wrap Lunch Pepperoni French Bread, Green Beans, MI Apples OR Yogurt Parfait, Nut Free Granola, Blueberry Muffin
29 Breakfast Fresh Baked UBR Lunch Baked Chicken Breast, Creamy Rice, Glazed Carrots OR HM Chili, Stuffed Pretzel Stick	30 Breakfast Hawaiian Ham & Cheese Lunch Cheeseburger, WG Bun, Broccoli & Cauliflower, Pears OR Grilled Cheese & Tomato Soup	31 Breakfast French Toast Lunch Chicken Drumstick, Mashed Potatoes, Gravy, WG Roll, Corn OR Corn Dog, Baked Beans		

Information

Lunch includes selections from the Veggie Bar which may include fresh pepper strips, cherry tomatoes, cucumbers, spinach or romaine lettuce, cauliflower, broccoli, celery, and carrot sticks

All of our breads and buns are 100% whole grain

Ice cold milk options available daily: fat free white, low fat white, and fat free chocolate



Meal Prices:

Breakfast—\$1.50 K-12
 Lunch - \$2.75 Elementary
 \$2.95 Middle/High School
 Reduced Breakfast: \$0.30
 Reduced Lunch: \$0.40
 Adult Breakfast -- \$2.75
 Adult Lunch -- \$4.00
 Corinne Fauble, Head Cook,
 Tim Klenow FS Director,
 231-864-3133

farm to school
 homemade
 meatless lunch

This Institution is an equal opportunity provider