



# JUNE | 2017

## Bear Lake Middle/High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1 Breakfast</b> Breakfast Sausage Pizza <b>Lunch</b> Beef Hot Dogs, WG Bun, Ranch Potato Wedges, Fresh Oranges <b>OR</b> Strawberry Chicken Salad, Breadstick	<b>2 Breakfast</b> Sausage & Pancake Wrap <b>Lunch</b> Garlic Cheese French Bread, Peas, Fresh Apples <b>OR</b> Yogurt Parfait, Granola, Blueberry Muffin
<b>5 Breakfast</b> Oatmeal Rounds <b>Lunch * Brunch *</b> Maple Pancakes, Sausage Patties, Hash Browns, Applesauce <b>OR</b> Baked Potato Bar, Stuffed Pretzel	<b>6 Breakfast</b> Sausage & Egg Sandwich <b>Lunch</b> Loaded Nachos, Salsa, Romaine, Brown Rice, Pineapple <b>OR</b> SW Chicken Wrap, Sun Chips	<b>7 Breakfast</b> French Toast Sticks <b>Lunch</b> Breaded Chicken Patty, Roasted Local Asparagus, Tropical Fruit <b>OR</b> Corn Dog, Green Bean Fries	<b>8 Breakfast</b> Egg & Bacon Pizza <b>Lunch</b> <b>HM</b> Spaghetti, Garlic Bread, Carrots & Peas, Fruit Slushie <b>OR</b> Strawberry Chicken Salad, Breadstick	<b>9 Breakfast</b> Bagel and Cream Cheese <b>Lunch</b> <b>HM</b> Chicken Pasta Salad, Cheese Biscuit, Pears <b>OR</b> Yogurt Parfait, Granola, Blueberry Muffin
<b>12 Breakfast</b> Cinnamon Roll <b>Lunch</b> <b>HM</b> Sloppy Joe's, WG Bun, Curly Fries, Sliced Peaches <b>OR</b> Baked Potato Bar, Stuffed Pretzel Stick	<b>13 Breakfast</b> Breakfast Sliders <b>Lunch</b> BBQ Pulled Pork, Steamed Corn, Pineapple & Mandarin Oranges <b>OR</b> SW Chicken Wrap, Sun Chips	<b>14 Breakfast</b> Maple Pancakes <b>Lunch</b> Cheeseburger, WG Bun, Hash Brown Stars, Fresh Fruit <b>OR</b> Corn Dog, Green Bean Fries	<b>15 Breakfast</b> ~ Cook's Choice ~ <b>Lunch</b> ~ Cook's Choice ~	<b>16</b>
<b>19</b>	<b>20</b>  <i>ENJOY</i>	<b>21</b>  <i>YOUR</i>	<b>22</b>  <i>SUMMER</i>	<b>23</b>
<b>26</b>  <i>SEE</i>	<b>27</b>  <i>YOU</i>	<b>28</b>  <i>NEXT</i>	<b>29</b>  <i>SCHOOL YEAR!</i>	<b>30</b>  

### News

**~ June is National Fresh Fruit and Vegetable Month! ~**

Breakfast Served Daily: Includes cold cereal, yogurt, 100% fruit juice, fresh fruit, milk, and a daily hot item. Fat Free or low fat milk available every day

Condiments may include ketchup, mustard, mayonnaise, R/F salad dressings, bbq sauce, honey mustard

Lunch includes selections from the Veggie Bar which may include pepper strips, cherry tomatoes, cucumbers, spinach & romaine lettuce, black beans, garbanzo beans, celery and carrot sticks

**Food Service reserves the right to change the menu without notice.**

- Prices:
- Breakfast-- \$1.50 K-12
  - Lunch - \$2.65 Elementary
  - \$2.90 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

We are proud to serve local produce when available

Students who qualify for free or reduced lunch also qualify for free or reduced breakfast. Start your day right – Build a Healthy Breakfast!

Questions concerning the menu please contact  
Tim Klenow,  
[klenowt@manistee.org](mailto:klenowt@manistee.org)