



OCTOBER | 2017

Bear Lake Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast Cinnamon Roll Lunch Cheeseburger, Ranch Potato Wedges, Peaches OR Fruit Smoothie Bar, Cheese Stick, Cinnamon Bun Stick	3 Breakfast Hawaiian Ham & Cheese Lunch Taco Pizza, Romaine, Salsa, Brown Rice, Pineapple OR Turkey and Cheese Pinwheels, Cheez-its	4 Breakfast Blueberry Waffles Lunch ✂ Chicken Egg Roll, Fried Rice, Stir-fry Vegetables, Oranges OR Corn Dog, Baked Beans	5 Breakfast Egg & Bacon Bosco Brunch Mini Pancakes, Sausage Patties, Hash Browns, Fruit OR HM Chicken ✂ Noodle Soup, Bosco	6 Breakfast Bagels & Cream Cheese Lunch 🚜 Stuffed Crust Pepperoni Pizza, Broccoli, MI Apples OR Yogurt Parfait, Granola, Blueberry Muffin
9 Breakfast Fresh Baked UBR Lunch Mini Corn Dogs, Sweet Waffle Fries, Diced Pears OR Fruit Smoothie Bar, Cheese Stick, Cinnamon Bun Stick	10 Breakfast Breakfast Pizza Lunch Pork Tacos, Salsa, Romaine, Steamed Corn, Pineapple OR Turkey and Cheese On Goldfish Bun, Cheez-its	~ Watermelon Wednesday ~ 11 Breakfast French Toast Lunch 🚜 ✂ HM Sloppy Joes, WG Bun, Seasoned Curly Fries, MI Watermelon OR Corn Dog, Baked Beans	12 Breakfast Maple & Egg Bosco Lunch ✂ "Laker Bowl", Chicken, Potatoes, Corn, Gravy, Cheese OR HM Chicken Noodle Soup, Bosco	13 Breakfast Sausage & Pancake Wrap Lunch 🌱 Bosco Sticks, Green Bean Fries, Mixed Fruit OR Yogurt Parfait, Nut Free Granola, Blueberry Muffin
16 Breakfast Cinnamon Roll Lunch Chicken Patty, WG Bun, Potato Stars, Peaches OR Fruit Smoothie Bar, Cheese Stick, Cinna Bun	17 Breakfast Hawaiian Ham & Cheese Lunch Walking Taco, Salsa, Romaine, Bean Dip, Fruit OR Turkey and Cheese Pinwheels, Cheez-its	~ Watermelon Wednesday ~ 18 Breakfast 🌱 Blueberry Waffles Lunch 🚜 ✂ Grilled Cheese Sandwich, HM Tomato Soup, MI Watermelon OR Corn Dog, Baked Beans	19 Breakfast Egg & Bacon Bosco Lunch Chicken and Waffles, Green Beans, Orange Wedges OR HM Chicken Noodle Soup, Bosco	20 Breakfast 🌱 Bagels & Cream Cheese Lunch Garlic Cheese French Bread, Broccoli, Peaches OR Yogurt Parfait, Granola, Blueberry Muffin
23 Breakfast Fresh Baked UBR 🚜 Lunch Philly Cheese steak, Potato Rounds, MI Apples OR Fruit Smoothie Bar, Cheese Stick, Cinna Bun	24 Breakfast Breakfast Pizza Lunch Soft Shell Tacos, Romaine, Salsa, Tostitos, Pears OR Turkey and Cheese On Goldfish Bun, Cheez-its	25 Breakfast French Toast Lunch 🚜 ✂ Chicken Alfredo, Garlic Bread, MI Broccoli, Fresh Apples OR Corn Dog, Baked Beans	26 Breakfast Maple & Egg Bosco Lunch General Tso's Chicken, Brown Rice, Stir-Fry Veggies, Pineapple OR HM Chicken Noodle Soup, Bosco	27 Breakfast Sausage & Pancake Wrap Lunch Pepperoni French Bread, Steamed Corn, Fruit OR Yogurt Parfait, Nut Free Granola, Blueberry Muffin
30 Breakfast Cinnamon Roll Lunch Hamburger, WG Bun, Green Bean Fries, Mixed Fruit OR Fruit Smoothie Bar, Cheese Stick, Cinna Bun	31 Breakfast 🍁 Hawaiian Ham & Cheese Lunch ✂ Cheeseburger Mac & Cheese Bowl, Pudding, Fruit OR Turkey and Cheese Pinwheels, Cheez-its			

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