





OCTOBER | 2017

Bear Lake Middle/High 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 Strawberry Chicken Salad, Garlic Breadstick | 4 Breakfast Blueberry Waffles Lunch ✂ Chicken Egg Roll, Fried Rice, Stir-fry Vegetables, Mixed Fruit OR Corn Dog, Green Bean Fries | 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 Strawberry Chicken Salad, Garlic Breadstick | ~ Watermelon Wednesday ~ 11 Breakfast French Toast 🚗 Lunch ✂ HM Sloppy Joes, WG Bun, Seasoned Curly Fries, MI Watermelon OR Corn Dog, Green Bean Fries | 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 Strawberry Chicken Salad, Garlic Breadstick | ~ Watermelon Wednesday ~ 18 Breakfast 🌱 Blueberry Waffles Lunch ✂ Grilled Cheese Sandwich, HM Tomato Soup, MI Watermelon OR Corn Dog, Green Bean Fries | 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 Strawberry Chicken Salad, Garlic Breadstick | 25 Breakfast French Toast 🚗 Lunch ✂ Chicken Alfredo, Garlic Bread, MI Broccoli, Fresh Apples OR Corn Dog, Green Bean Fries | 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, Apples OR Strawberry Chicken Salad, Breadstick | | | |

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