



# South Haven High School Winter Breakfast Menu

## Week 1 & Week 3

January 21-25  
February 4-8, & 18-22,  
March 4-8 & 18-22

### Monday

Breakfast Burrito with Salsa Cup  
Fresh or Cupped Fruit and 100% Fruit Juice  
*Choice of 1% or Fat Free White Milk*

### Tuesday

WG Mini Pancakes  
Fresh or Cupped Fruit and 100% Fruit Juice  
*Choice of 1% or Fat Free White Milk*

### Wednesday

Bacon, Egg & Cheese Breakfast Pizza  
Fresh or Cupped Fruit and 100% Fruit Juice  
*Choice of 1% or Fat Free White Milk*

### Thursday

Sausage & Cheese on WG Bagel  
Fresh or Cupped Fruit and 100% Fruit Juice  
*Choice of 1% or Fat Free White Milk*

### Friday

Yogurt & Fruit Parfait Selection with Granola  
Fresh or Cupped Fruit and 100% Fruit Juice  
*Choice of 1% or Fat Free White Milk*

## Week 2 & Week 4

January 14-18 & 28-Feb 1,  
February 11-15 & 28- MAR 1

### Monday

Los Cabos Breakfast Wrap w/Sausage, Egg & Cheese  
with Salsa Cup  
Fresh or Cupped Fruit and 100% Fruit Juice  
*Choice of 1% or Fat Free White Milk*

### Tuesday

Egg & Cheese on WG English Muffin  
Fresh or Cupped Fruit and 100% Fruit Juice  
*Choice of 1% or Fat Free White Milk*

### Wednesday

Pancake & Sausage Stick w/Syrup  
Fresh or Cupped Fruit and 100% Fruit Juice  
*Choice of 1% or Fat Free White Milk*

### Thursday

Sausage Biscuit w/Fun Emotican Hash Browns  
Fresh Fruit and 100% Fruit Juice  
*Choice of 1% or Fat Free White Milk*

### Friday

Breakfast Egg & Sausage Sliders  
Fresh or Cupped Fruit and 100% Fruit Juice  
*Choice of 1% or Fat Free White Milk*

**Don't 4'GET you must have at least 1/2cup  
fruit to qualify for a complete breakfast! Or  
better yet take 2 fresh fruits!**

***It's a Nutrition Thing—  
we'll help you understand***

### **WE SERVE BREAKFAST EVERY DAY!**

Miracle Meal makes every student  
smarter and more fit!

A lot of time and energy goes into figuring out who  
to help kids learn and perform better in school.

The simple and cost free solution—  
**EAT BREAKFAST AT SCHOOL or at HOME!.**

### **Offered Daily as a Choice:**

Cereal Kit with WG & Reduced Sugar Cereal  
with WG Crackers and 100% Fruit Juice

Whole Grain Pop-Tart—  
selection varies daily

Whole Grain Bread—selection varies

Peanut Butter & Jelly Wafer

Whole Grain Bagels with Cream Cheese

Whole Grain Breakfast Pastry—  
selection varies

Cheese Stick or Yogurt Cup  
with Granola or Cereal Bar

**This institution is an equal opportunity provider**

# High School Winter Lunch Menu

Lunch includes milk and our  
Fruit & Veggie Bar—all for just  
\$2.75



February 4-8, March 4-8

## Week One

### Monday

French Bread Pepperoni or Cheese Pizza  
Big Daddy's Buffalo Chicken Pizza  
Wild or Milk Chicken Sandwich  
Grab-N-Go Ham & Cheese Croissant  
*Baby Carrots, Tossed Salad & Apple Juice*

### Tuesday

Hand Tossed Homemade Pizza  
Honey BBQ Beef Riblet on a WG Bun  
Grab-N-Go Oven Roasted Turkey  
Submarine  
*Pickles & Onion, Peaches & Fruit Snack*

### Wednesday

Ravioli Bake w/WG Garlic Toast  
Wild Mikes Pepperoni or Cheese Pizza  
Turkey Burger w/Tomato & Lettuce  
Grab-N-Go Spicy Italian Wrap  
*Green Beans, Broccoli w/Ranch Dip & Banana*

### Thursday

Pork Tenderloin on WG Bun  
Homemade Meat Lovers Pizza  
Mini Cheeseburger Sliders  
Grab-N-Go Triple Decker Turkey Bacon  
Club Sandwich  
*Cheese Fries, Tossed Salad & Cinnamon Pears*

### Friday

Popcorn Chicken Bowl  
Cheesy Breadsticks with Marinara  
Grilled Chicken Sandwich  
Grab-N-Go Sandwich Selection of the Day  
*Corn Nibbles, Edamame & Lunch Bunch Grapes*

## Week Two

January 14-18,  
February 11-15, March 11

### Monday

WG Chicken Tenders & Waffle w/Syrup  
Big Daddy's Buffalo Chicken Pizza  
Wild or Milk Chicken Sandwich  
Grab-N-Go Ham & Cheese Croissant  
*Crispy Potatoes, Sun Splash Punch & Strawberries*

### Tuesday

Hand Tossed Homemade Pizza  
WG Corn Dog  
Grab-N-Go Oven Roasted Turkey  
Submarine  
*Tossed Salad, Fresh Veggies w/Dip & Peaches*

### Wednesday

"Ram"tastic Bacon Cheeseburger Deluxe  
Pepperoni Calzone  
Grilled Chicken Bacon Club Sandwich  
Grab-N-Go Spicy Italian Wrap  
*French Fries, Deluxe Fixings & Applesauce*

### Thursday

Turkey Tetrazzini with Fruit Muffin  
Meat Lovers Stromboli with Marinara  
Personal Pan Pizza  
Grab-N-Go Triple Decker Turkey Bacon  
Club Sandwich  
*Glazed Carrots, Fresh Orange Wedges, Juice*

### Friday

Southwest Chicken Burrito Bowl  
Cheesy Breadsticks with Marinara  
Grab-N-Go Sandwich Selection of the Day  
*Black. Bean Salad, Romaine Ribbons, Pineapple*

**Don't 4'get -Take at least 1/2c fruit or vegetable for a reimbursable meal.**

This institution is an equal opportunity provider

**Offered Daily:**

Grab-N-Go Salad Selection  
Grab-N-G– Yogurt Parfait  
Grab-N-Go Smuckers PBJ Uncrustable  
Grab-N-Go Sandwich  
(selections vary daily—check it out!)

1% White or Flavored Milk or  
Fat-Free White Milk is included with  
all Grab-N-Go Meals

**Week Three**

January 21-25, February  
18-22, March 18-22

Monday

Cinnamon French Toast w/Sausage  
French Bread Pepperoni or Cheese Pizza  
Wild or Mild Chicken Sandwich  
Grab-N-Go Ham & Cheese Croissant  
Orange Juice, Baby Carrots and Fruit Cup

Tuesday

Hand Tossed Homemade Pizza  
Turkey Burger w/Tomato & Lettuce  
Grab-N-Go Oven Roasted Turkey Submarine  
Fresh Veggies w/Dip & Peaches

Wednesday

WG Southern Fried Chicken w/Cornbread  
Stuffed Crust Bosco Pizza  
All American Cheeseburger or Hamburger  
Grab-N-Go Spicy Italian Wrap  
Mashed Potato w/Gravy Coleslaw & Fresh  
Fruit

Thursday

Sizzling Chicken Fajita  
Pizza Rolls with Marinara  
Grilled Chicken Sandwich w/Tomato & Lettuce  
Grab-N-Go Triple Decker Turkey Bacon  
Club Sandwich  
*Refried Beans, Baked Scoops. Salsa & Fruit*

Friday

Beefy Fiestada Pizza  
Cheesy Bosco Breadsticks w/Marinara  
Grab-N-Go Sandwich Selection of the Day  
*Salsa, Spinach Salad and Lunch Bunch Grapes*

**Week Four**

January 28-February 1,  
February 28-March 1, March 25-29

Monday

Cheese Omelet w/Biscuit & Gravy  
Personal Pan Pizza  
Wild or Mild Chicken Sandwich  
Grab-N-Go Ham & Cheese Croissant  
Hash Browns, Baby Carrots & Apple Juice

Tuesday

Hand Tossed Homemade Pizza  
Oven Toasted Italian Grinder  
Grab-N-Go Oven Roasted Turkey Submarine  
Broccoli Salad, Cheddar Sunchips and  
Applesauce

Wednesday

Rustic Lasagna with Breadstick  
Pepperoni Calzone  
Grab-N-Go Spicy Italian Wrap  
Corn Nibbles, Tossed Salad & Pineapple

Thursday

Boneless Chicken Wings w/Fruit Muffin  
Pepperoni Calzone  
Mini Cheeseburger Sliders  
Grab-N-Go Triple Decker Turkey Bacon  
Club Sandwich  
Baked Beans, Macaroni & Potato Salad &  
Peaches

Friday

Chili Dog with Cheese  
Cheesy Bosco Breadsticks w/Marinara  
Grab-N-Go Sandwich Selection of the Day  
Spinach & Tomato Salad, Veggie Crunchers &  
Mandarin Oranges

**COME CHECK OUT OUR  
NEW BREAKFAST MENU!**

**Served daily 7:10-7:30 a.m.**



**Eat a Rainbow a Day**

Full spectrum Nutrition  
for a full spectrum life