SAULT AREA PUBLIC SCHOOLS
WINTER /SPRING MIDDLE SCHOOL LUNCH MENU

*Office of Food Service * 904 Marquette Ave., Sault Ste. Marie, MI 49783*
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Sault Area Public Schools Office of Food Service has a three week cycle menu for lunch. Breakfast is served daily in each building. The colors on the calendar indicate each week's cycle menu. 1% Chocolate or 1% White Milk is served with every meal. Menu is subject to change without notice.

Cycle Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Mac & Cheese	Hamburger	Chicken	Beef, Cheese &	Hot Dog WG Bun
WG Dinner Roll	WG Bun	Drumsticks	Bean Burrito	Sides***
Sides***	Sides***	WG Dinner Roll	Sides***	Baked Beans
Green Beans	Hash Brown Patty	Sides***	Steamed Corn	Baby Carrots
Fresh Apples	Sliced Peaches	Mashed Potatoes	Choice of Juice	Fresh Grapes
	Chocolate Ice	Orange Wedge	Banana	Cool Ranch
	Cream w/Bug	Gravy		Doritos
	Bites			

Cycle Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Meatball Sub	Bosco Sticks	WG Chicken	Beef Nachos	Mini Corn Dogs
On WG Bun	w/Dipping Sauce	Chunks	Sides***	Sides***
Garden Salsa	Sides***	Blueberry Muffins	Refried Beans	Steamed Carrots
Chips	Steamed Corn	Sides***	Lettuce & Tomato	Raspberry Fruit
Sides***	Fresh Pears	Mashed Potatoes	Vanilla Ice Cream	Slushy
Baby Carrots		Bananas		
Fresh Seasonal		Gravy		
Fruit				

Cycle Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Mac & Cheese	Cinnamon Glazed	B.B.Q Chicken	Pepperoni French	Chicken Patty
WG Dinner Rolls	French Toast	Drumsticks	Bread Pizza	WG Bun
Sides***	Sticks	WG Dinner Roll	Sides***	Sides***
Steamed Broccoli	Strawberry Yogurt	Sides***	Fresh Broccoli	Baked Beans
Mandarin Oranges	Sides***	Mashed Potatoes	Mandarin Oranges	Sliced Peaches
	Baby Carrots	Banana	Strawberry Ice	
	100% Juice	Bug Bites	Cream	

Ala Carte Items—-$2.50 Each

Monday	Tuesday	Wednesday	Thursday	Friday
Chef's Choice of Ala Carte Entree	WG Pizza	WG Pizza	WG Pizza	WG Pizza

Breakfast is Important

Eat Breakfast at school! Breakfast is available before school in each building's cafeteria. School breakfast helps students be more alert so they can learn more in class. Breakfast is a great way to gain vitamins and nutrients for a strong and healthy body. Breakfast is affordable too! A family qualifying for free or reduced priced lunch receives the same benefits for breakfast. Help your child start the day off right with school breakfast.

Menus are available online at http://saultschools.org under Departments, then click Food Service.

Secondary Meal Prices

Lunch	**$3.05**
Reduced Lunch	**$ .40**
Adult Lunch	**$4.00**
Breakfast	**$1.95**
Reduced Breakfast	**$ .30**
Adult Breakfast	**$2.50**
Milk or Juice	**$ .70**

ALERT! IMPORTANT INFORMATION

DISTRICT MEAL CHARGE POLICIES AND PROCDEDURES

The Meal Charge Policy and Procedures have been mailed to each family in the district. They are also available on the district website :
http://saultschools.org

FREE & RECUCED MEAL APPLICATIONS

A NEW APPLICATION MUST BE SUBMITTED EACH YEAR TO RECEIVE BENEFTIS!

APPLY ONLINE!

LunchApp.com powered by Meal Magic Suite

Free and Reduced Applications can be submitted anytime, during the school year as the need arises. Determining your eligibility is very easy and will be handled with confidentiality and respect.

Families that qualify for free or reduced meals are eligible to receive a nutritious breakfast, lunch or both everyday.

Assorted fresh fruits and vegetables, (which may include broccoli, carrots, celery, garbanzo beans and romaine salad) are offered daily in our cafeterias.

IMPORTANT REMINDER!!!
Please remember, it is your responsibility to make certain your child has money in his/her lunch account!
PrePay for School Meal Online
www.payschoolscentral.com

M	T	W	T	F
January 2019				
		2	3	4
7	8	9	10	11
14	15	16	17	*
*	22	23	24	25
28	29	30	31	
February 2019				
				1
4	5	6	7	8
11	12	13	14	*
18	19	*.*	21	22
25	26	27	28	
March 2019				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	*
April 2019				
1	2	3	4	5
98	9	10	11	12
15	16	17	18	*
*	23	24	25	26
29	30			
May 2019				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
*	28	29	30	31
June 2019				
3	4	*	*	*