

Muskegon Heights Special Adult Menu

The Muskegon Heights Public School Food Service Staff is proud to offer you daily a delicious **Adult-only** entrée. Orders **must** be called into the food service office by 9:30 a.m. and will be available for you during your lunch period in your school's kitchen or available for pick-up. We hope you will take advantage of this unique and delicious menu. Please call 231-830-3644 or 231-830-3643. Cost of \$3.00 each or with a beverage \$4.25.

Adult Daily Menu				
Available Daily	Available Daily (New Item)	<u>Only on Wednesday</u> ↓	Available Daily	<u>Only on Friday</u> ↓
<p>Turkey Bacon Ranch Wrap</p> <p>(Combination of dice turkey breast, onion, bacon, tomato and Ranch Dressing on Choice of Wrap)</p> <p>Wrap Shell flavors available: Spinach, Sundried Tomato Basil, Jalapeno Cheddar, Wheat or Plain)</p>	<p>Veggie Lovers Wrap</p> <p>(Tomatoes, Onions, Cucumbers, Sweet peppers, lettuce and cream cheese on Choice of Wrap)</p>	<p>Made to order Subs</p> <p>(Choice of Smoked Turkey Breast, Oven Baked Ham, or Slow Roast Beef severed on a 6" sub bun. Choice of toppings lettuce, tomato, cheese, onion, assorted sweet peppers & choice of dressing: Mayo, Mustard, Ranch, Honey Mustard, Spicy Ranch)</p>	<p>Golden Steak Calzone</p> <p>(Marinated steak with a combination of sauté bell pepper, onion and melted cheese all wrapped in a fresh baked crust.)</p>	<p>Famous Chicken Salad</p> <p>(Our very own blend served with a fresh Croissant)</p> <p style="text-align: center;">Only on Friday's</p>
<p><u>Dressing Choices for salads</u></p> <p>Buttermilk Ranch Frontier French Rasp. Vinaigrette Golden Italian</p> <p><u>Reduce Calorie</u></p> <p>Ranch French Italian</p>	<p>Chef Salad</p> <p>(Fresh Salad Mix topped with Tomatoes, cucumbers, shredded carrots, croutons, eggs, diced Turkey ham & breast, shredded cheese, saltine crackers and Choice of dressing)</p>	<p>Hearty Garden Salad</p> <p>(Fresh Salad Mix topped with Tomatoes, cucumbers, shredded carrots, croutons, shredded cheese, saltine crackers and Choice of dressing)</p>	<p>Grilled Chicken Salad</p> <p>(Fresh Salad Mix with all the additives: Diced Tomato, cucumber, shredded cheddar & mozzarella cheese, croutons, Grilled Chicken and choice of dressing)</p>	<p>Golden Chicken Calzone</p> <p>(Marinated Chicken with a combination of sauté bell pepper, onion and melted cheese all wrapped in a fresh baked crust.)</p>

All Sandwiches and Wraps are served with Baked Chips and Fresh or cupped Fruit of the Day.

All other Items are available everyday of week except Subs & Chix Salad

Choice of Beverages: Coke, Sprite, Diet Coke, Sprite Zero, Coke Zero (20 oz bottles)
Apple Juice, Orange Juice, Mixed Berry Juice (10oz. bottle) Bottled Water (20 oz.)