

November 2011 Muskegon Heights Elementary Schools Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| Breakfast in Classroom & Food Bars In Your Lunchroom!!!!!!!!!! | | | | |
| <p>All Menu Items May Contains These Allergens: Milk Wheat Eggs Soy Fish/Seafood</p> |  | <p>Questions or Comments please call: Mrs. Arletha Banks Director of Dining Service 231-830-3644</p> |  | <p style="text-align: center;"><i>Simply Good! Fresh & Local!!!!</i> (V) Denotes Vegetarian Meals</p> |
| <p style="text-align: center;">FOOD BAR ITEMS OFFERED: Romaine/Spinach Mix, Diced Tomatoes, Sliced Cucumbers, Apples, Peaches, Pears, Pineapple Tidbits, Mixed Fruit, Applesauce, Carrots, Oranges, Celery Sticks, Broccoli Bites, Cauliflower, Composed Salads and Crunchy Spinach Salad. Items Change on Daily Basis.</p> | | <p style="text-align: center;">Food Focus: Dark Green Leafy Vegetables A good source of vitamins A & C. You can eat them raw, in a salad, on a sandwich; add to casseroles, top of pizza or as a tasty hot side dish to complement your favorite meal.</p> | | |
| <p>Adult Breakfast Price: \$1.50 A choice of Skim white, chocolate milk is included with lunch</p> | <p>November Parent Meeting, November 30, 2011 @ 3:30 p.m. Muskegon Hts. Middle School Caf  All are Welcome.</p> | | <p><i>Visit our website! www.mhpsnet.org Find menus, forms, and information about our program.</i></p> | |
| Parent Teacher Conference November 8-10, 2011, 1/2 days Bag Lunches | | | | |
| <p>31 BBQ Riblet Mashed Potatoes Buttered Corn WG Dinner Roll Diced Pears</p> | <p>1 Beef & Green Chile Burrito Home-style Baked Beans Sunshine Oranges</p> | <p>2 Turkey & Gravy Collard Greens Cornbread Squares Sliced Peaches</p> | <p>3 Cheeseburger Seasoned Green Beans WG Hamburger Bun Michigan Apples</p> | <p>4 Bologna & Cheese Whole Grain Bread State & Capital Cookies Fresh Fruit Fruit Juice</p> |
| <p>7 Oven Baked Chicken Patty Baked Crispy Tots WG Hamburger Bun Michigan McIntosh Apples</p> | <p>8 Turkey Ham & cheese WG Bread Goldfish Cracker Sunshine Orange Fruit Juice</p> | <p>9 Turkey Breast WG Bread Tiny Pretzels Fresh Pears Fruit Juice</p> | <p>10 Turkey Combo Sub Hot Dog Bun Graham Crackers Golden Apples Fruit Juice</p> | <p>11 The Maxx Cheese Pizza Romaine Spinach Salad Reduce Calorie Dressing Orange Smiles</p> |
| <p>14 Oven Baked Chicken Nuggets Seasoned Green Beans Fresh Pears Biscuit</p> | <p>15 Pasta w/Italian Sauce WG Bread Sticks California Blend Golden Apple (V)</p> | <p>16 Chips & Cheese w/Meat Mexican Corn Michigan Apples</p> | <p>17 BBQ Chicken Legs Steamed Brown Rice Broccoli & Cheese Sliced Peaches</p> | <p>18 The Maxx Sausage Pizza Crunchy Spinach Salad w/tomatoes Chilled Peaches</p> |
| <p>21 Sweet & Sour Chicken Orange Rice Pilaf Oriental Vegetable Apricot Applesauce</p> | <p>22 Carved Turkey w/Gravy Mashed Potatoes Seasoned Green Beans Mandarin Oranges WG Dinner Roll</p> | <p>23 Ham & Cheese WG Bread Yellow Banana Fruit Juice State & Capital Cookies</p> | <p>24 NO SCHOOL THANKSGIVING DAY</p> | <p>25 NO SCHOOL THANKSGIVING BREAK</p> |
| <p>28 Grilled Chicken Sandwich Baked Sweet Potato Tots Michigan Apples WG Bun</p> | <p>29 Turkey Hot Dog Cajun Baked Beans Fresh Fruit WG Hot Bun</p> | <p>30 Sloppy Joe Scoops Fresh Creamy Coleslaw Chilled Peaches</p> |  | |
| MENU SUBJECT TO CHANGE WITHOUT NOTICE | | | | |

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