

Elementary 2023 January Menu

**PLEASE FILL OUT
A FREE &
REDUCED FORM.
STUDENTS MAY
BE ELIGIBLE FOR
OTHER STATE
AND SCHOOL
BENEFITS**



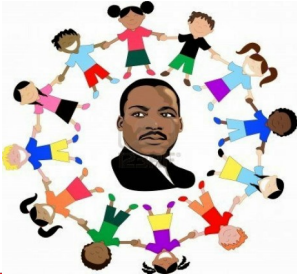
**2022-2023 Meal
Prices**

Breakfast: Free

Lunch \$2.75

Students attending Harbor High, Highland and Oxbow Elementary have been approved for **free lunches** by Michigan Department of Education.



		Sara Simmerman	248-684- 8033						
Grab N Go: String Cheese: 2 C Danimals Yogurt: 14 C Graham Snack: 21 C Milk, Wheat, Soy Carrot Stix: 8 C Apple Slices: 7 C		<i>Frutt Carbs</i> Apple Slices: 7C Applesauce: 17 C Bananas: 29 C Clementines: 15 C Diced Peaches: 14 C Diced Pears: 16 C Raisins/Craisins: 29 C Strawberry Cup: 22C		<i>Vegetable Carbs</i> Carrot Stix: 8 C Green Beans: 3 C Broccoli: 3 C Tater Tots: 19C Mashed Potatoes: 17 C Spudster Bites: 21 C Vegetarian Beans: 20 C		<i>Misc Carbs</i> Low Fat White Milk: 13 C Low Fat Choc Milk: 20 C Asst Juicy Juice: 15 C Marinara Sauce: 17 C Tortilla Chips: 19 C Salsa Cup: 2 C Cream Cheese: 1 C Graham Snack: 21 C		Crunchmania: 37 C French Toast Stix :26 C Goody Ring: 29 C Banana Bread: 28 C Low Sugar Cereals: 25 C Cheerios: 20 C Mini Pancakes/Waffles: 35 C Blueberry Muffin: 39 C Bagel: 29 C	
Jan 2nd		3rd	4th	5th	6th				
			Chicken Nuggets 9 C <u>Wheat, Soy</u> Corn 23 C Peaches 14 C Assorted Fruits & Vegetables	Big Bambino's 27 C <u>Wheat, Milk, Soy</u> Broccoli 3 C, Pears 16 C Assorted Fruits & Vegetables	Grilled Cheese 31 C Tomato Soup 20 C <u>Wheat, Milk, Soy</u> Tater Tots 19 C Assorted Fruits & Vegetables				
9th		10th	11th	12th	13th				
Mini Cheese- Burgers 30 C <u>Wheat, Milk, Soy</u> Green Beans 3C Pears 16 C Assorted Fruits & Veg-		Little Caesar's Pizza 31 C <u>Wheat, Milk, Soy</u> Carrots 8 C Apple Slices 7	Chicken Patty 13 C WG Bun 26 C <u>Wheat, Soy</u> Tater Tots 19 C Peaches 14 C Assorted Fruits & Vegetables	Spaghetti w Sauce 30 C Roll 20C <u>Wheat, Milk, Egg</u> Broccoli 3 C Assorted Fruits & Vegetables	Walking Taco Taco Meat 2 C, Cheese Cup 14 C, <u>Milk</u> Tortilla Chips 19 C Fiesta Corn 23 C Assorted Fruits & Vegetables				
16th		17th	18th	19th	20th				
		Little Caesar's Pizza 31 C <u>Wheat, Milk, Soy</u> Carrots 8 C Apple Slices 7 C	Bosco Sticks 32 C <u>Wheat, Milk</u> Marinara Sauce 17 C Peaches 14 C Assorted Fruits & Vegetables	Big Bambino's 27 C <u>Wheat, Milk, Soy</u> Broccoli 3 C, Pears 16 C Assorted Fruits & Vegetables	French Toast Sticks 26C Turkey Sausage <u>Wheat, Milk, Soy</u> Tater Tots 19 C Assorted Fruits & Vegetables				
23rd		24th	25th	26th	27th				
Bosco Sticks 32 C <u>Wheat, Milk</u> Marinara Sauce 17 C Peaches 14 C Assorted Fruits & Vegetables		Little Caesar's Pizza 31 C <u>Wheat, Milk, Soy</u> Carrots 8 C Apple Slices 7	Mini Corndogs 33C <u>Wheat, Milk, Soy</u> Vegetarian Beans 20 C Assorted Fruits & Vegetables	Pretzel Bites 28 C Cheese Cup 14 C <u>Wheat, Milk</u> Broccoli 3 C Peaches 14 C Assorted Fruits & Vegetables	1/2 Day Turkey Croissant Grab & Go or Regular Grab & Go <u>Wheat, Milk, Soy</u> Carrot Sticks Apple Slices				
30th		31st	Feb 1st	2nd	3rd				
Macaroni & Cheese 30 C Soft Breadstick 20c <u>Wheat, Milk, Egg</u> Green Beans 3 C Assorted Fruits &		Little Caesar's Pizza 31 C <u>Wheat, Milk, Soy</u> Carrots 8 C Apple Slices 7 C	Chicken Nuggets 9 C <u>Wheat, Soy</u> Corn 23 C Peaches 14 C Assorted Fruits & Vegetables	Spaghetti w Sauce 30 C Roll 20C <u>Wheat, Milk, Egg</u> Broccoli 3 C Assorted Fruits &	Walking Taco Taco Meat 2 C, Cheese Cup 14 C, <u>Milk</u> Tortilla Chips 19 C Fiesta Corn 23 C Assorted Fruits &				