


Zeeland Public Schools

Head Start

Lunch Menu November 2017

All Lunches Include Ice Cold Milk

	Monday	Tuesday	Wednesday	Thursday
Week 3			1 French Toast and Sausage Links w/ Syrup Sides: Fresh Red Peppers & Pineapple Tidbits	2 Crispy Chicken Tenders & Chocolate Muffin Sides: French Fries & Diced Peaches
Week 1	6 Cheese Pizza Sides: Steamed Broccoli & Mandarin Oranges	7 Chicken Nuggets & w/Honey Wheat Roll & Margarine Sides: Smile Potatoes & Diced Peaches	8 Sack Lunch Soybutter & Jelly Sandwich Cherry Tomatoes & Applesauce Cup	9 Sack Lunch Tortilla Chips & Cheese Cup Carrot Sticks & Fresh Apple
Week 2	13 Bosco Stick & Cheese Stick with Marinara Sauce Sides: Baked Beans & Peaches	14 Chicken Rings w/Honey Wheat Roll & Margarine Sides: Whipped Potatoes & Applesauce	15 Blueberry Pancakes & Sausage Links Sides: Carrot Sticks & Pineapple Tidbits	16 Sloppy Joe on Bun Sides: Hashbrown Starz & Grapes
Week 3	20 Corn Dog Sides: Cherry Tomatoes & Diced Pears	21 Breaded Chicken Leg & Cornbread Mini Loaf Sides: Whipped Potatoes & Applesauce Cup	22 No School	23 No School
Week 1	27 Pepperoni Pizza Sides: Steamed Broccoli & Mandarin Oranges	28 Chicken Nuggets & w/Honey Wheat Roll & Margarine Sides: Smile Potatoes & Diced Peaches	29 Meatballs in Brown Gravy w/Twisted Breadstick Sides: Whipped Potatoes & Melon	30 Turkey & Cheese on Croissant Sides: Warm Fiesta Black Beans & Fresh Apple


Menu subject to change without notice:

Please refer our website www.zps.org/food-service in the event of a "snow day" or unplanned day off to review menu changes.

Zeeland Public Schools

Head Start

Breakfast Menu November 2017

	Monday	Tuesday	Wednesday	Thursday
Week 3			1	2
			Cinnamon Waffles w/Syrup Fresh Orange Milk	Cereal Juice Milk
Week 1	6	7	8	9
	Cereal Juice Milk	Blueberry Nutrigrain Bar Applesauce Milk	Bosco Breakfast Stick Pineapple Tidbits Milk	Cereal Juice Milk
Week 2	13	14	15	16
	Cereal Juice Milk	Teddy Grahams Diced Peaches Milk	Bagel & Cream Cheese Applesauce Milk	Cereal Juice Milk
Week 3	20	21	22	
	Cereal Juice Milk	Banana Muffin Diced Pears Milk	Thanksgiving Break	
Week 1	27	28	29	30
	Cereal Juice Milk	Blueberry Nutrigrain Bar Applesauce Milk	Bosco Breakfast Stick Pineapple Tidbits Milk	Cereal Juice Milk

This institution is an equal opportunity provider.