



Public Schools of Petoskey Elementary
Lunch Menu
K - 5th
January 2026



MOOD BOOST



Mood Boost Program - Teaching students how food impacts their feelings.

Throughout the month, watch for the "Moodie" and enjoy the foods that keep you Happy, Smart, Confident, Calm, Alert & Strong.

A full student lunch includes a choice of entrée supplying protein and/or grain, (2) two vegetable side dishes & (2) two fruit side dishes & choice of milk.

Milk Choice include: 1% Low-Fat White, 1% Low-Fat Chocolate & Skim White.

Monday	Tuesday	Wednesday	Thursday	Friday
January 5th SNOW DAY! 	6 Grilled Chicken on WG Bun Vegetarian Baked Beans Oven Baked Smile Fries	7 Homemade Beef Lasagna WG Garlic Bread Seasoned Peas	8 Homemade WG Mozzarella Cheese Pizza Herb Roasted Green Beans	9 WG Tangerine Chicken w/ Orange Sauce WG Vegetable Fried Rice WG Dinner Roll & WG Fortune Cookie Herb Roasted Broccoli
12 WG Chicken Nuggets WG Biscuit Oven Baked Crinkle Fries	13 Nachos, Homemade Taco Meat WG Tortilla Chips, Homemade Pico Shredded Cheese & Lettuce Vegetarian Refried Beans	14 Homemade Macaroni & Cheese WG Breadstick Herb Roasted Broccoli	15 Homemade WG Pepperoni Pizza Fresh Blueberries Seasoned Kernel Corn	16 WG French Toast Sticks w/ Syrup Turkey Sausage Patty Herb Roasted Potatoes
19 No School!	20 Glazed Chicken Drumstick Dipping Sauce WG Dinner Roll Oven Baked Waffle Fries	21 Spaghetti w/ Homemade Meat Sauce WG Garlic Breadstick Seasoned Green Beans	22 Teriyaki Beef Dipper WG Pretzel Rod Herb Roasted Potato Wedges	23 1/2 Day No Lunch
26 Homemade WG Grilled Cheese Tomato Soup WG Goldfish Crackers Herb Roasted Brussel Sprouts	27 Walking Taco, Homemade Taco Meat & Pico Nacho Chz Doritos, Reduced Fat Shredded Cheese & Lettuce Vegetarian Refried Beans	28 WG Waffle w/ Syrup Scrambled Eggs Fresh Celery WG Tater Tots	29 Homemade WG Ham Pizza Frozen Strawberries Herb Roasted Broccoli	30 Homemade Sloppy Joe on WG Bun Seasoned Peas
February 2nd Homemade Baked Ziti WG Garlic Bread Red & Green Cabbage Herb Roasted Green Beans	3 WG Popcorn Chicken Mashed Potatoes Chicken Gravy WG Dinner Roll Coveyou Seasoned Kernel Corn	4 Homemade Pulled Pork Sweet & Sour Sauce WG Vegetable Fried Rice WG Dinner Roll & WG Fortune Cookie Herb Roasted Coveyou Broccoli	5 Homemade WG Mozzarella Cheese Pizza Seasoned Carrots	6 Cheeseburger on WG Bun Sliced American Cheese Herb Roasted Sweet Potato Wedges Citrus Chick Pea Salad
DAILY ALTERNATES --- Nut Free Soy Butter & Jelly Jammer				
Turkey & Cheese Lunch Kit WG Cheddar Goldfish Crackers	Yogurt Fun Lunch Strawberry Yogurt Dried Cranberries WG Granola & WG Dinner Roll	Nacho Fun Lunch WG Tortilla Chips & Salsa Cheese Sauce Mozzarella String Cheese	Turkey & American Cheese on WG Sub Bun Colby Jack Cheese Cubes	Muffin Fun lunch WG Chocolate Chip Muffin Strawberry Banana Yogurt Mozzarella String Cheese
DAILY FRUITS AND VEGETABLES --- Assorted Fruits & Vegetables Daily. Farm Fresh when in Season.				
Mixed Salad Greens	Mixed Salad Greens	Mixed Salad Greens	Mixed Salad Greens	Mixed Salad Greens
Fresh Carrots	Fresh Broccoli	Hummus or Black Bean & Corn Salad	Power Peas	Fresh Carrots
Fresh Green & Red Pepper Strips	Fresh Cauliflower	Fresh Cherry Tomato	Fresh Green & Red Pepper Strips	Fresh Celery
Fresh Squash & Zucchini	Fresh Snap Peas	Fresh Green Beans	Fresh Broccoli	Fresh Green & Red Cabbage
Fresh Watermelon Radish	Fresh Cucumber	Fresh Celery	Fresh Cucumber	Fresh Cherry Tomatoes
Chilled Mandarin Oranges & Pineapple	Chilled Peaches	Chilled Applesauce	Chilled Pears	Chilled Mixed Fruit
Assorted Seasonal Fresh Fruit	Assorted Seasonal Fresh Fruit	Assorted Seasonal Fresh Fruit	Assorted Seasonal Fresh Fruit	Assorted Seasonal Fresh Fruit

This institution is an equal opportunity provider.



Tractor Icon Represents Farm to School Product.



Please reach out to Beth Kavanaugh at kavanaugh.ba.u@northmen.org for vegan options.

Breakfast

Elementary

K- 5th

January 2026

A full student breakfast includes a choice of entrée supplying grain & protein, two (2) 1/2 cup side dishes & choice of milk. Milk choices include 1% Low Fat White & Skim White

Monday	Tuesday	Wednesday	Thursday	Friday
January 5th	6	7	8	9
SNOW DAY! 	Egg & Cheese Omelet Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	WG Maple Pancake Wrap Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Egg & American Cheese Biscuit Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Homemade Egg & Cheese WG Breakfast Pizza Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk
12	13	14	15	16
WG Banana Muffin Mozz. String Cheese, Low-Fat Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Homemade Ham & Egg Casserole Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	WG Mini Confetti Pancakes Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Homemade WG French Toast Casserole Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Homemade Ham & Cheese WG Quesadilla Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk
19	20	21	22	22
WG Blueberry Muffin Mozz. String Cheese, Low-Fat Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Egg & Cheese Omelet Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	WG Maple Pancake Wrap Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Egg & American Cheese Biscuit Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Homemade Egg & Cheese WG Breakfast Pizza Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk
26	27	28	29	30
WG Banana Muffin Mozz. String Cheese, Low-Fat Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Homemade Ham & Egg Casserole Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	WG Mini Confetti Pancakes Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Homemade WG French Toast Casserole Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Homemade Ham & Cheese WG Quesadilla Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk
February 2nd	3	4	5	6
WG Blueberry Muffin Mozz. String Cheese, Low-Fat Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Egg & Cheese Omelet Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	WG Maple Pancake Wrap Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Egg & American Cheese Biscuit Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk	Homemade Egg & Cheese WG Breakfast Pizza Cereal or Cereal Bar Choice (listed below) w/ Hard Boiled Egg Assorted Chilled & Fresh Fruit 1% LF White or Skim Milk



Breakfast Times:
8:00am - 8:10am



DAILY ALTERNATES

REDUCED SUGAR WG Cereal & WG Cereal Bars: w/ Choice of Hard Egg	REDUCED SUGAR WG Cereal & WG Cereal Bars: w/ Choice of Hard Egg	REDUCED SUGAR WG Cereal & WG Cereal Bars: w/ Choice of Hard Egg	REDUCED SUGAR WG Cereal & WG Cereal Bars: w/ Choice of Hard Egg	REDUCED SUGAR WG Cereal & WG Cereal Bars: w/ Choice of Hard Egg
WG Cinnamon Chex WG Lucky Charms WG Cocoa Puffs WG Apple Jacks WG Cinnamon Toast Crunch Bar WG Golden Graham Bar	WG Cinnamon Chex WG Lucky Charms WG Cocoa Puffs WG Apple Jacks WG Cinnamon Toast Crunch Bar WG Golden Graham Bar	WG Cinnamon Chex WG Lucky Charms WG Cocoa Puffs WG Apple Jacks WG Cinnamon Toast Crunch Bar WG Golden Graham Bar	WG Cinnamon Chex WG Lucky Charms WG Cocoa Puffs WG Apple Jacks WG Cinnamon Toast Crunch Bar WG Golden Graham Bar	WG Cinnamon Chex WG Lucky Charms WG Cocoa Puffs WG Apple Jacks WG Cinnamon Toast Crunch Bar WG Golden Graham Bar

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Mood Boost teaches students that the food they eat directly impacts their mood, physical energy and mental state.



Happy

Stay HAPPY by Eating a Variety of Rainbow Colored Fruits & Vegetables.



Smart

Stay SMART by Eating Red Cabbage, Blueberries, Kidney Beans, Pineapple & Dark Orange & Yellow Vegetables.



Confident

Stay CONFIDENT by Eating Avocado, Kale, Zucchini, Yellow Squash & Red & Green Cabbage.



Calm

Stay CALM by Eating Spinach, Sweet Potatoes, Strawberries & Broccoli.



Alert

Stay ALERT by Eating Carrots, Apples, Dark Chocolate & Watermelon.



Strong

Stay STRONG by Eating White Beans, Swiss Chard, Celery, Cranberries & Beets.

School Meals Program

The Public Schools of Petoskey is committed to preparing and offering farm fresh (when in season) and homemade and healthy meals to all students.

Through June 2026, the Public Schools of Petoskey is utilizing the *Michigan School Meals* program, which provides 1 (one) free breakfast and lunch meal to all PUBLIC SCHOOL students.

Household Education & Nutrition Benefits Form (formerly the Free & Reduced Application)

Please take a moment to complete the 100% confidential Household Education & Nutrition Benefits Form online at: <https://petoskey.familyportal.cloud> or scan the QR code below to complete the Household Education & Nutrition Benefits Form.

ONE (1) form per household.

Click, "Apply for Benefits" and complete the information.



If you have any questions, please contact Beth Kavanaugh at: Kavanaugh.ba.u@northmen.org or (231) 348-2183.