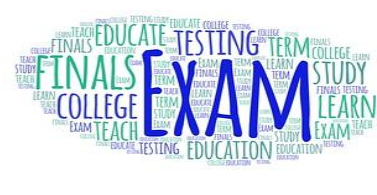




**Petoskey High  
School Lunch  
Menu  
9th - 12th  
January 2026**




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.



**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.

Monday January 5th	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
<b>SNOW DAY!</b> 	WG French Toast Sticks w/ Syrup Scrambled Eggs Turkey Sausage Patty Oven Baked Tater Tots	Northmen WG Popcorn Chicken Bowl Mashed Potatoes Chicken Gravy WG Dinner Roll w/ Jelly Coveyou Seasoned Kernel Corn	Nacho Meat, WG Tortilla Chips Cheese Sauce, Guacamole Sour Cream & Salsa Black Bean & Corn Salad Refried Beans	Homemade WG Grilled Cheese Tomato Soup WG Goldfish Crackers Seasoned Carrots
12	13	14	15	16
WG Popcorn Chicken BBQ or Hot Sauce Scalloped Potatoes WG Dinner Roll Shredded Cheddar Cheese Seasoned Peas	Homemade Sloppy Joe WG Bun Shredded Cheddar Cheese Oven Baked Fries Fresh Blueberries	Shredded Pork on WG Croissant Coleslaw Seasoned Green Beans Fresh Celery	Chicken Fajitas on WG Tortilla Shell WG Tortilla Chips Shredded Cheese, Guacamole Refried Beans Sour Cream & Salsa & Black Bean & Corn Salad	Burger Bar on WG Bun Sliced Cheese, Pickles Sliced Tomato, Lettuce Potato Salad Oven Baked Fries
19	20	21	22	23
No School!	Baked Potato Bar Sweet or Regular Potato Chopped Ham, Bacon, Chives, Salsa Homemade Vegetarian Chili / Italian Cheesy Garlic Bread Shredded Cheese, Sour Cream Herb Roasted Coveyou Broccoli	1/2 Day - Light Lunch	1/2 Day - Light Lunch	1/2 Day - No Lunch
26	27	28	29	30
WG Waffles w/ Syrup Berries & Whipped Topping Scrambled Eggs Turkey Sausage Patty Herb Roasted Diced Potatoes Frozen Strawberries	Spaghetti Pasta w/ Beef Spaghetti Sauce w/ Meatballs Shredded Mozzarella Cheese Shredded Parmesan Cheese WG Garlic Toast Seasoned Roasted Green Beans	Northmen WG Popcorn Chicken Bowl Mashed Potatoes Chicken Gravy WG Dinner Roll w/ Jelly Coveyou Seasoned Kernel Corn Fresh Watermelon	Nacho Meat WG Tortilla Chips Cheese Sauce, Guacamole Sour Cream & Salsa Black Bean & Corn Salad Refried Beans	WG Tangerine Chicken w/ Orange Sauce WG Vegetable Fried Rice WG Dinner Roll & WF Fortune Cookie Herb Roasted Broccoli
February 2nd	3	4	5	6
Grilled Chicken Breast Vegetable Dumplings Yakisoba Noodles WG Breadstick Herb Roasted Green Beans	WG Macaroni & Cheese BBQ Shredded Pork WG Soft Pretzel Rods Shredded Cheddar Chz Grated Parmesan Cheese Seasoned Peas	Chicken Alfredo w/ Spaghetti Pasta Grated Parmesan Cheese WG Garlic Toast Herb Roasted Broccoli Fresh Red & Green Cabbage	Pork Carnitas on WG Tortilla Shell Diced Onions & Tomatoes Shredded Cheese, Guacamole Sour Cream & Salsa & Black Bean & Corn Salad Refried Beans	WG Boneless Chicken Wings Plain, BBQ or Hot Sauce WG Dinner Roll Scalloped Potatoes Coveyou Seasoned Kernel Corn

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## Tractor Icon Represents Farm to School Product.



### DAILY Grilled ALTERNATES

WG Chicken Patty on WG Bun WG Mozzarella Sticks w/ Marinara Sauce  <b>Vegetable Side:</b> <b>Oven Baked Straight Fries</b>	Bacon Cheeseburger on WG Bun WG Chicken Corn Dog  <b>Vegetable Side:</b> <b>Oven Baked Spiral Fries</b>	Roast Beef w/ Cheddar Cheese Sauce on WG Bun Chicken Quesadilla, WG Tortilla Chips, Salsa & Sour Cream  <b>Vegetable Side:</b> <b>Oven Baked Crinkle Fries</b>	WG Spicy Chicken on WG Bun Beef, Bean & Cheese WG Burrito w/ WG Tortilla Chips, Salsa & Sour Cream  <b>Vegetable Side:</b> <b>Oven Baked Smile Fries</b>	WG Bosco Sticks w/ Marinara Sauce
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### DAILY Homemade WG Pizza ALTERNATES

Homemade WG Pepperoni Pizza Homemade WG Cheese Pizza  <b>Homemade WG Meat Lover's Pizza</b>	Homemade WG Pepperoni Pizza Homemade WG Cheese Pizza  <b>Homemade Supreme Pizza w/ Sausage, Peppers, &amp; Onions</b>	Homemade WG Pepperoni Pizza Homemade WG Cheese Pizza  <b>Homemade WG Buffalo Chicken Pizza</b>	Homemade WG Pepperoni Pizza Homemade WG Cheese Pizza  <b>Homemade WG Bacon Pizza</b>	Homemade WG Pepperoni Pizza Homemade WG Cheese Pizza  <b>Homemade WG BBQ Chicken Pizza</b>
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### DAILY On-The-Go ALTERNATES

<b><u>Chef Salad</u></b>  Turkey, Ham, Shredded  Cheese, Hard Egg, Veggies,  Croutons w/ WG Dinner Roll	<b><u>Chicken Caesar Salad</u></b>  Diced Chicken, Grated Parmesan  Cheese, Veggies &  Croutons w/ WG Dinner Roll	<b><u>Turkey Bacon Salad</u></b>  Turkey, Bacon, Shredded  Cheese, Veggies &  Croutons w/ WG Dinner Roll	<b><u>Chicken Bacon Salad</u></b>  Diced Chicken, Bacon,  Shredded Cheese, Veggies &  Croutons w/ WG Dinner Roll	<b><u>Chef Salad</u></b>  Turkey, Ham, Shredded  Cheese, Hard Egg, Veggies,  Croutons w/ WG Dinner Roll
<b><u>Turkey BLT Wrap</u></b>  Turkey, Bacon, Colby  Jack, Lettuce & Tomato	<b><u>Turkey &amp; Ham Wrap</u></b>  Turkey, Ham, American  Cheese & Lettuce	<b><u>Spicy Italian Wrap</u></b>  Ham, Salami, Pepperoni,  Provolone & Lettuce	<b><u>Turkey &amp; Bacon Wrap</u></b>  Turkey, Bacon,  Swiss & Lettuce	<b><u>Chicken &amp; Bacon Wrap</u></b>  Chicken, Bacon, Cheddar  Cheese & Lettuce
<b><u>Berry Yogurt Parfait</u></b>  w/ Granola & WG Dinner Roll	<b><u>Berry Yogurt Parfait</u></b>  w/ Granola & WG Dinner Roll	<b><u>Berry Yogurt Parfait</u></b>  w/ Granola & WG Dinner Roll	<b><u>Berry Yogurt Parfait</u></b>  w/ Granola & WG Dinner Roll	<b><u>Berry Yogurt Parfait</u></b>  w/ Granola & WG Dinner Roll

### DAILY FRUITS AND VEGETABLES - - - 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	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.**

# Petoskey High School Breakfast Menu 9th - 12th January 2025

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 or 1% Low Fat Chocolate or Skim White.

January 5th	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
<b>SNOW DAY!</b> 	Homemade Ham & Egg Casserole  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG English Muffin</b> 100% Fruit Juice  Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	Mini Confetti WG Pancakes  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Biscuit</b> Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk	Homemade WG French Toast Casserole  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG English Muffin</b> 100% Fruit Juice  Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	Homemade Sausage Gravy Breakfast Pizza  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Bagel</b> Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk
12	13	14	15	16
WG Bagel Filled w/ Strawberry Cream Cheese  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Bagel</b> Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	Homemade Egg & Salsa Breakfast Burrito  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG English Muffin</b> 100% Fruit Juice  Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	WG Maple Pancake on a Stick  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Biscuit</b> Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	Breakfast Bagel Topper w/ Ham, Eggs, Peppers, Onions & Cheese  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG English Muffin</b> 100% Fruit Juice  Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	Homemade Egg & Cheese Breakfast Pizza  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Bagel</b> Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk
19	20	21	22	23
<b>No School!</b>	Mini WG French Toast w/ Chocolate Chips  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Bagel</b> Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	WG Chocolate Croissant  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Biscuit</b> Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	WG Biscuit & Gravy  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG English Muffin</b> 100% Fruit Juice  Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	Homemade Ham & Cheese Quesadilla  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Bagel</b> Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk
26	27	28	29	30
WG Apple Filled Frudel  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Bagel</b> Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk	Homemade Ham & Egg Casserole  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG English Muffin</b> 100% Fruit Juice  Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	Mini Confetti WG Pancakes  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Biscuit</b> Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk	Homemade WG French Toast Casserole  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG English Muffin</b> 100% Fruit Juice  Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	Homemade Sausage Gravy Breakfast Pizza  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Bagel</b> Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk
February 2nd	3	4	5	6
WG Bagel Filled w/ Strawberry Cream Cheese  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Bagel</b> Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	Homemade Egg & Salsa Breakfast Burrito  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG English Muffin</b> 100% Fruit Juice  Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	WG Maple Pancake on a Stick  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Biscuit</b> Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	Breakfast Bagel Topper w/ Ham, Eggs, Peppers, Onions & Cheese  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG English Muffin</b> 100% Fruit Juice  Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk	Homemade Egg & Cheese Breakfast Pizza  <b>OR</b> <b>Egg Sausage &amp; Cheese on WG Bagel</b> Assorted Chilled & Fresh Fruit  1% LF White or Chocolate & Skim Milk
<b>DAILY ALTERNATES</b>				
<b>REDUCED SUGAR WG Cereal &amp; WG Cereal Bars: w/ Choice of Hard Egg</b> WG Cinnamon Chex WG Lucky Charms WG Cocoa Puffs WG Apple Jacks WG Cinnamon Toast Crunch Bar WG Golden Graham Bar	<b>REDUCED SUGAR WG Cereal &amp; WG Cereal Bars: w/ Choice of Hard Egg</b> WG Cinnamon Chex WG Lucky Charms WG Cocoa Puffs WG Apple Jacks WG Cinnamon Toast Crunch Bar WG Golden Graham Bar	<b>REDUCED SUGAR WG Cereal &amp; WG Cereal Bars: w/ Choice of Hard Egg</b> WG Cinnamon Chex WG Lucky Charms WG Cocoa Puffs WG Apple Jacks WG Cinnamon Toast Crunch Bar WG Golden Graham Bar	<b>REDUCED SUGAR WG Cereal &amp; WG Cereal Bars: w/ Choice of Hard Egg</b> WG Cinnamon Chex WG Lucky Charms WG Cocoa Puffs WG Apple Jacks WG Cinnamon Toast Crunch Bar WG Golden Graham Bar	<b>REDUCED SUGAR WG Cereal &amp; WG Cereal Bars: w/ Choice of Hard Egg</b> WG Cinnamon Chex WG Lucky Charms WG Cocoa Puffs WG Apple Jacks WG Cinnamon Toast Crunch Bar WG Golden Graham Bar

**This institution is an equal opportunity provider.**



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](mailto:Kavanaugh.ba.u@northmen.org) or (231) 348-2183.