

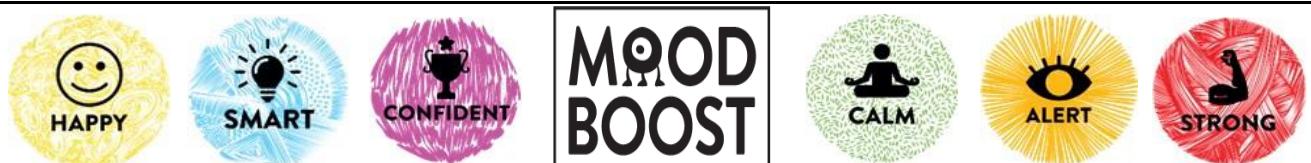


**Petoskey High
School Lunch
Menu
9th - 12th
January 2026**



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.

 <p>MOOD BOOST</p> <p>Mood Boost Program - Teaching students how food impacts their feelings.</p> <p>Throughout the month, watch for the "Moodie" and enjoy the foods that keep you Happy, Smart, Confident, Calm, Alert & Strong.</p>				
Monday January 5th	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
SNOW DAY! 	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

This institution is an equal opportunity provider.



Tractor Icon Represents Farm to School Product.



DAILY Grilled ALTERNATES

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

DAILY Homemade WG Pizza ALTERNATES

Homemade WG Pepperoni Pizza	Homemade WG Pepperoni Pizza	Homemade WG Pepperoni Pizza	Homemade WG Pepperoni Pizza	Homemade WG Pepperoni Pizza
Homemade WG Cheese Pizza	Homemade WG Cheese Pizza	Homemade WG Cheese Pizza	Homemade WG Cheese Pizza	Homemade WG Cheese Pizza
Homemade WG Meat Lover's Pizza	Homemade Supreme Pizza w/ Sausage, Peppers, & Onions	Homemade WG Buffalo Chicken Pizza	Homemade WG Bacon Pizza	Homemade WG BBQ Chicken Pizza

DAILY On-The-Go ALTERNATES

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

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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.

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

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MOOD BOOST

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.