



**Petoskey Middle School Lunch**  
**6th - 8th**  
**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.

						
<b>Mood Boost Program - Teaching students how food impacts their feelings.</b>						
Throughout the month, watch for the "Moodie" and enjoy the foods that keep you Happy, Smart, Confident, Calm, Alert & Strong.						
Monday	Tuesday	Wednesday	Thursday	Friday		
January 5th	6	7	8	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		
Homemade Beef Lasagna WG Garlic Bread Caesar Salad Parmesan Cheese Seasoned Coveyou Kernel Corn	Italian Marinated Chicken Mashed Potatoes Gravy WG Garlic Toast Seasoned Carrots	Chili Over a Bed of Pasta Bed of Pasta Shredded Cheddar Cheese WG Biscuit w/ Margarine Oven Beaked Curley Fries	Nacho Meat WG Tortilla Chips Cheese Sauce, Guacamole Sour Cream & Salsa Black Bean & Corn Salad Refried Beans	Shredded Pork Sweet & Sour Sauce Fried Rice WG Vegetable Fried Rice WG Dinner Roll & WF Fortune Cookie Herb Roasted Broccoli Fresh Celery		
19	20	21	22	23		
No School!	Hot Dog Bar Beef Hot Dog on WG Bun Cheese Sauce, Chili Dog Sauce Diced Onions Red & Green Cabbage Oven Baked Crinkle Fries	WG Macaroni & Cheese WG Soft Pretzel Rods Shredded Cheddar Chz Grated Parmesan Cheese Seasoned Peas Frozen Strawberries	Chicken Fajitas on WG Tortilla Shell WG Tortilla Chips Shredded Cheese, Guacamole Sour Cream & Salsa Black Bean & Corn Salad Refried Beans	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	Spaghetti Pasta w/ Beef Spaghetti Sauce WG Garlic Toast Seasoned Coveyou Kernel Corn Fresh Blueberries	Roasted Turkey w/ Turkey Gravy Mashed Potatoes WG Biscuit w/ Margarine Seasoned Broccoli	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		
Italian Marinated Chicken Breast Vegetable Dumplings WG Breadstick Seasoned Coveyou Kernel Corn	BBQ Pork Riblet Scalloped Potatoes WG Soft Pretzel Stick Seasoned Carrots Fresh Watermelon	Chicken Alfredo w/ Spaghetti Pasta Grated Parmesan Cheese WG Garlic Toast Herb Roasted Broccoli	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 Oven Baked Potato Wedges		

This institution is an equal opportunity provider.



## Tractor Icon Represents Farm to School Product.



### DAILY Grilled ALTERNATES

WG Chicken Patty on WG Bun WG Mozzarella Sticks w/ Marinara Sauce Vegetable Side: Oven Baked Seasoned Shoestring Fries	Bacon Cheeseburger on WG Bun WG Chicken Corn Dog Vegetable Side: Oven Baked Spiral Fries	Roast Beef w/ Cheddar Cheese Sauce on WG Grilled Chicken on WG Bun Vegetable Side: Oven Baked Crinkle Fries	WG Spicy Chicken on WG Bun Hot Turkey, Ham & Cheese Croissant Vegetable Side: Oven Baked Smile Fries	WG Bosco Sticks w/ Marinara Sauce Cheeseburger on WG Bun Vegetable Side: Oven Baked Seasoned Waffle Fries
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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>Mozz. Cheese Filled WG Pizza Crunchers w/ Marinara</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 Ham Pizza</b>
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### DAILY On-The-Go ALTERNATES

<u>Chef Salad</u> Turkey, Ham, Shredded Cheese, Hard Egg, Veggies & Croutons & WW Dinner Roll	<u>Turkey Bacon Salad</u> Turkey, Bacon, Shredded Cheese, Veggies & Croutons & WW Dinner Roll	<u>Chef Salad</u> Turkey, Ham, Shredded Cheese, Hard Egg, Veggies & Croutons & WW Dinner Roll	<u>Turkey Bacon Salad</u> Turkey, Bacon, Shredded Cheese, Veggies & Croutons & WW Dinner Roll	<u>Chef Salad</u> Turkey, Ham, Shredded Cheese, Hard Egg, Veggies & Croutons & WW Dinner Roll
<u>Turkey BLT Wrap</u> Turkey, Bacon, Colby Jack, Lettuce & Tomato	<u>Turkey &amp; Ham Wrap</u> Turkey, Ham, American Cheese & Lettuce	<u>Spicy Italian Wrap</u> Ham, Salami, Pepperoni Provolone & Lettuce	<u>Ham &amp; Bacon Wrap</u> Ham, Bacon, Swiss & Lettuce	<u>Chicken &amp; Bacon Wrap</u> Chicken, Bacon, Cheddar Cheese & Lettuce
<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 Middle School Breakfast Menu

**6th - 8th**

**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 or 1% Low Fat Chocolate or Skim White.

	Tuesday	Wednesday	Thursday	Friday
<b>January 5th</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<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
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
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>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<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
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
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
<b>February 2nd</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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

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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.