

November is designated as Native American <u>Heritage Month</u>.

Students will be able to enjoy Native American cuisine.

Sweet Potato & Black Bean Chili - Nov. 7th

Chicken & Corn Stew w/ Peppers - Nov. 14th

Tomato Basil Pasta Salad - Nov. 21st

Roasted Pork w/ Pineapple Rice - Nov. 25th

* See page 4 for more information on Native American Heritage.



Petoskey High School Lunch Menu 9th - 12th November 2025

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		
November 3rd	4 Homemade Macaroni &	5	6	7 Sweet Potato & Black Bean		
Inside Out	Cheese		Chicken Fajitas	Chili		
Chicken Cordon Bleu	BBQ Shredded Pork		on WG Tortilla Shell	WG Cornbread		
Au Gratin Potatoes	WG Soft Pretzel Rods	No School!	WG Tortilla Chips	Sour Cream, Shredded Cheese		
WG Dinner Roll w/ Jelly	Shredded Cheddar Chz		Shredded Cheese, Guacamole	WG Tortilla Strips		
Herb Roasted Carrots	Grated Parmesan Cheese		Sour Cream & Salsa & Black Bean & Corn Salad	Coveyou Seasoned Kernel Corn		
Fruit Crisp	Seasoned Peas		Refried Beans	Cherry, Blue Raspberry Sorbet		
10	11	12	13	14		
WG Waffles w/	WG Tangerine Chicken w/	Northmen's Famous	Nacho Meat	Chicken & Corn		
Syrup	Orange Sauce	Roasted Turkey Lunch	WG Tortilla Chips	Stew w/ Peppers		
Berries & Whipped Topping	WG Vegetable Fried Rice	Mashed Potatoes & Gravy	Cheese Sauce, Guacamole	Toppings: Shredded Cheese		
Scrambled Eggs	WG Dinner Roll & WF Fortune Cookie	WG Stuffing	Sour Cream & Salsa	& Bacon Crumbles		
Turkey Sausage Patty	Herb Roasted Broccoli	WG Biscuit w/ Margarine	Black Bean & Corn Salad	WG Garlic Bread		
Herb Roasted Diced Potatoes		Green Bean Casserole	Refried Beans	Coveyou Seasoned Kernel Corn		
17	18	19	20	21		
Grilled Chicken Breast	Cheeseburger on	Chicken Alfredo w/	Pork Carnitas on WG Tortilla Shell	WG Boneless Chicken Wings		
Vegetable Dumplings	WG Bun	Spaghetti Pasta	Diced Onions & Tomatoes	Plain, BBQ or Hot Sauce		
Yakisoba Noodles	Tomato, Lettuce, Onion	Grated Parmesan Cheese	Shredded Cheese, Guacamole	WG Biscuit w/ Jelly Scalloped Potatoes		
WG Dinner Roll w/ Margarine	Potato Salad	WG Garlic Toast	Sour Cream & Salsa & Black Bean & Corn Salad	Tomato Basil Pasta Salad		
Herb Roasted Green Beans	Oven Baked Shoestring Fries	Herb Roasted Broccoli	Refried Beans	Coveyou Seasoned Kernel Corn		
24	25	26	27	28		
Teriyaki Beef w/ Brown Rice	Roasted Pork					
Soy Sauce (on the side)	Pineapple Rice					
WG Vegetable Egg Roll	WG Combread					
WG Fortune Cookie	Crunchy Asian Salad					
Seasoned Herb Roasted	Coveyou Herb Roasted					
Broccoli, Peppers, Onions & Carrots	Brussel Sprouts 💍 💘		**			
December 1st	2	3	4	5		
Beef or Chicken Gyro		Chicken Parmesan	Soft Shell Tacos	Grilled Chicken Over		
on WG Flatbread	Cajun Roasted Pork Loin	Spaghetti Pasta w/ Spaghetti Sauce	Diced Onions & Tomatoes	a Bed of Ratatouille		
Tzatziki Sauce	Sweet Potatoes- Sweet & Spicy Caramelized w/ Bacon & Sauteed Onions & Chives	Shredded Mozzarella Cheese & Parmesan Cheese	Shredded Cheese, Guacamole	WG Breadstick		
Diced Tomatoes, Cucumbers, Onions	WG Cornbread	WG Garlic Toast	Sour Cream & Salsa	Peach Crisp		
Shredded Lettuce, Feta Cheese	Seasoned Green Beans	Herb Roasted Broccoli	Black Bean & Corn Salad			
Oven Baked Curley Fries			Refried Beans			
	This institu	tion is an equal opportuni	ty provider			

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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	Grilled Chicken on WG Bun	Hot Turkey, Ham & Cheese Croissant	Cheeseburger on WG Bun			
Vegetable Side: Oven Baked Shoestring Fries	Vegetable Side: Oven Baked Spiral Fries	Vegetable Side: Oven Baked Crinkle Fries	Vegetable Side: Oven Baked Smile Fries	Vegetable Side: Oven Baked Seasoned Waffle 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							
Chef Salad	Chicken Caesar Salad	Turkey Bacon Salad	Chicken Bacon Salad	<u>Chef Salad</u>			
Turkey, Ham, Shredded	Diced Chicken, Grated Parmesan	Turkey, Bacon, Shredded	Diced Chicken, Bacon,	Turkey, Ham, Shredded			
Cheese, Hard Egg, Veggies,	Cheese, Veggies &	Cheese, Veggies &	Shredded Cheese, Veggies &	Cheese, Hard Egg, Veggies,			
Croutons w/ WG Dinner Roll	Croutons w/ WG Dinner Roll	Croutons w/ WG Dinner Roll	Croutons w/ WG Dinner Roll	Croutons w/ WG Dinner Roll			
Turkey BLT Wrap	Turkey & Ham Wrap	Spicy Italian Wrap	Grilled Cheese Pepperoni	Chicken & Bacon Wrap			
Turkey, Bacon, Colby	Turkey, Ham, American	Ham, Salami, Pepperoni,	<u>Sandwich</u>	Chicken, Bacon, Cheddar			
Jack, Lettuce & Tomato	Cheese & Lettuce	Provolone & Lettuce	Pepp., Chz., Sauce	Cheese & Lettuce			
Berry Yogurt Parfait	Berry Yogurt Parfait	Berry Yogurt Parfait	Berry Yogurt Parfait	Berry Yogurt Parfait			
w/ Granola & WG Dinner Roll	w/ Granola & WG Dinner Roll	w/ Granola & WG Dinner Roll	w/ Granola & WG Dinner Roll	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 November 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. Friday Tuesday Wednesday Thursday November 3rd Mini WG French Toast w/ Homemade Ham & Cheese Yogurt Banana Split w/ Granola WG Biscuit & Gravy **Chocolate Chips** Quesadilla OR OR OR OR Egg Sausage & Cheese on No School! WG English Muffin WG English Muffin **WG Bagel** WG Bagel Assorted Chilled & Fresh Fruit 100% Fruit Juice 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk Assorted Chilled & Fresh Fruit Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk 1% LF White or Chocolate & Skim Milk 1% LF White or Chocolate & Skim Milk 14 WG Bagel Filled w/ Strawberry Homemade Egg & Salsa Breakfast Breakfast Bagel Topper w/ Ham, Eggs Homemade Egg & Cheese WG Maple Pancake on a Stick Cream Cheese Peppers, Onions & Cheese Breakfast Pizza Burrito OR OR OR OR OR Egg Sausage & Cheese on WG Bagel WG English Muffin WG Biscuit WG English Muffin WG Bagel Assorted Chilled & Fresh Fruit 100% Fruit Juice Assorted Chilled & Fresh Fruit 100% Fruit Juice Assorted Chilled & Fresh Fruit Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk 19 Homemade WG French Toast Homemade Sausage Gravy WG Apple Filled Frudel Homemade Ham & Egg Casserole Mini Confetti WG Pancakes Casserole Breakfast Pizza OR OR OR OR OR Egg Sausage & Cheese on **WG Bagel** WG English Muffin **WG Biscuit** WG English Muffin WG Bagel Assorted Chilled & Fresh Fruit 100% Fruit Juice Assorted Chilled & Fresh Fruit 100% Fruit Juice Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & 1% LF White or Chocolate & 1% LF White or Chocolate & Assorted Chilled & Fresh Fruit Assorted Chilled & Fresh Fruit Skim Milk Skim Milk Skim Milk 1% I F White or Chocolate & Skim Milk 1% LF White or Chocolate & Skim Milk Mini WG French Toast w/ Yogurt Banana Split w/ Granola Chocolate Chips Egg Sausage & Cheese on Egg Sausage & Cheese on **WG Bagel** WG English Muffin Assorted Chilled & Fresh Fruit 100% Fruit Juice 1% LF White or Chocolate & Skim Milk Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk December 1st Homemade Egg & Salsa Breakfast WG Bagel Filled w/ Strawberry Homemade Egg & Cheese Breakfast Bagel Topper w/ Ham, Eggs WG Maple Pancake on a Stick Cream Cheese Burrito Peppers, Onions & Cheese Breakfast Pizza OR OR OR OR OR Egg Sausage & Cheese on **WG Bagel** WG English Muffin WG Biscuit WG English Muffin WG Bagel Assorted Chilled & Fresh Fruit 100% Fruit Juice Assorted Chilled & Fresh Fruit 100% Fruit Juice Assorted Chilled & Fresh Fruit Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk DAILY ALTERNATES 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 This institution is an equal opportunity provider.

November is Native American Heritage Month

In 1990, President George H.W. Bush officially designated November as National American Indian Heritage Month following a joint resolution by Congress. November was chosen due to its alignment with the traditional time for harvest and celebration in Native communities and it has since expanded to include Native Hawaiians and Alaskan Natives.

Native American Heritage Month is a time to honor Native American culture, traditions, languages, achievements, resilience and stories of Native American communities and ensure their rich histories and contributions, to the world, thrive with each passing generation.

Native American Heritage Month is also a time for us to acknowledge the struggles Native American's had in the past and the struggles they still face today. Educational topics include tribal sovereignty, pride, empowerment and the impacts of failed policies such as the history of federal boarding schools. Together, we can weave the past, present and future of Native American Heritage.

Important Update: 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.

