



PETOSKEY MIDDLE SCHOOL

Learning & Growing Together

January 2026 Edition

801 Northmen Drive
Petoskey, MI 49770

Main Line: (231) 348-2150

Attendance Line: (231) 348-2293

Upcoming Dates

January 10 -Wrestling @ Dundee (9:00)

January 12 -Ski @ Nubs (4:00)

January 13 - BTLC Meeting (3:30)

January 13-16-6th grade field trips to McCune

January 14 -DTLC Meeting (3:45)

January 14-Girls Bball vs. TC West (4:30)

January 15 -MSPA Meeting (7:00)

January 19 -No School, Professional Development Day

January 19 -Girls Bball vs. TC East (1:00)

January 19 -Wrestling @ Cadillac (5:30)

January 20 - PLC Meetings (3:30)

January 20-Board of Education Meeting (6:00)

January 21 -Talking Circle (HR)

January 21-Girls Basketball vs. Gaylord (4:00)

January 22 -Wrestling @ Gaylord (4:00, bus at 2:15)

January 23-Half Day of School, Records Day, End of 2nd Quarter

Board Appreciation Month

January is School Board Appreciation Month. In Petoskey, we are lucky to have such dedicated school board members. They work hard and make tough decisions, and they always do whatever they can to support the students in our district. So, thank you Mark Ashley, Kathy Reed, Denise Petoskey, Beth Flynn, and Jennie Attie for everything you do for our school district!

Attention Eighth grade parents: On

Thursday, February 5th, we will be hosting the Parent Curriculum and Scheduling Meeting. The high school counselors and administrators will be presenting information about the Petoskey High school course offerings and answering questions you may have. The presentation will take place at the Petoskey Middle School auditorium from 5:45 - 6:30 pm. Please see the attached flyer for details.

PARENT CURRICULUM AND SCHEDULING MEETING

PMS AUDITORIUM

FEBRUARY 5, 2026
5:45-6:30PM

STUDENTS ARE WELCOME TO ATTEND

REVIEW COURSE OFFERINGS
ASK QUESTIONS
LEARN HOW PHS HELPS ALL STUDENTS PLAN FOR THEIR POST SECONDARY PLANS

GET INVOLVED!

Many of our clubs and sports are up and running. One of the best indicators of success in school is extra-curricular involvement, so please encourage your child to get involved outside of the school day. Descriptions of our clubs and activities can be found [here](#).

The best way to look for information on when to sign up for an activity is to watch the student announcements. These announcements are read every day during homeroom, and they are available on our website.

After School Study Lab

Our After School Study Lab is available for all students from **3:15 to 4:15 pm, Monday thru Thursday in the Media Center.**

There are at least two teachers ready to help students during this time. Students attending should come prepared with their books, homework, and a pencil. There are a few teachers who supervise this study lab and are ready and willing to help!



We want to remind students and parents of the OK2SAY program. If you or your child feel unsafe or are worried about the safety of someone else, please speak up by contacting OK2SAY. You can report suspicious or harmful activity anonymously by sending a text to 652729, calling 8-555-OK2SAY, or sending an email to OK2SAY@mi.gov. Tips are then shared with the appropriate agencies, who respond to keep everyone safe!

Custodial Notices

[Click here](#) more information about chemicals used in or around the building.

COMMUNICATION

ParentSquare : Our main school-to-parent communication platform. When messages are sent on ParentSquare, you will also receive an email.

Daily Announcements: Stay updated on after-school activities and important news. There is a live Canva link on our website and on ParentSquare.

Schoolology: Specific assignments and lesson plans can be found here. Students will know how best to navigate this resource.

PowerSchool: View your child's grades and class schedules. If you do not have a powerschool account please fill out [this form](#).

School Website: Find newsletters, daily announcements, calendar events, student handbook, weekly lesson plans and much more information.

Email: Teachers most preferred form of communication is generally email. You can find staff email addresses on the PMS website under ["Our Staff."](#)

IMPORTANT INFORMATION

Dance Team:

Dance Team Club will be starting soon! There is an informational meeting during homeroom Wednesday, December 3rd. The first practice will be after school on Thursday, December 4th from 3:20-4:30 in Mrs. Brey's room. If you have any questions, stop by or email Mrs. Brey. (brey.kl.t@northmen.org)

Mathcounts:

Math Counts Club will be starting soon! We will practice once a week after school, and then compete in a MathCounts regional competition in February. If you are interested in learning more, please come to a short informational meeting during homeroom on Friday, December 6th outside of Mrs. Brey's room 123. If you have any questions or cannot attend the meeting, please stop by or email Mrs. Brey at brey.kl.t@northmen.org.

[Click here for Community Flyers](#)

IMPORTANT INFORMATION

Art Donations Needed

If you are able to donate the following items to our art program, it would be appreciated!

- Q-tips
- Gallon ziploc bags
- Bubble wrap
- Aluminum foil
- Parchment paper
- Newspapers
- Cardboard tubes
- Duct tape
- Old costume jewelry/beads
- Cereal box cardboard
- Paper and plastic bags
- House Paint - any color



Yearbook: If you are interested in purchasing a yearbook you can do so through this [link](#). Please contact Brian Forster via email at: forster.bj.t@northmen.org with any questions.

Spelling Bee: All PMS Students this month will be participating in the Scripps National Spelling Bee. We are excited to participate as a building TEAM in students' Language Arts classes and be able to host classroom, grade level, and schoolwide spelling bee opportunities. Every student should be proud of their participation in this National Spelling Bee program with others around the Nation. Our Middle School will send 2 students to the Regional Bee in Traverse City in March to compete for a spot in the National Spelling Bee.

SKI/SNOWBOARD CLUB

Anyone who has not signed up for the Ski Club can still do so by going to our homepage and clicking on [this link](#). Please feel free to reach out to Mr. Forster with any questions.

ATTENDANCE CONCERNS

If a student will be absent or tardy, **a parent or guardian must call the attendance line at 348-2293 by 9:00 a.m.** Otherwise, the absence will be considered **unexcused until we receive a phone call or a note.**

If your child is not feeling well, please include their symptoms in your voicemail so we do not need to call you back for details.

If your child has a mid-day appointment, please call the office in the morning so we can have them ready for pickup.

If your child will be absent for the day and also attends classes at Petoskey High School, please notify the office so that their high school attendance can be adjusted as well. Thank you!

For mental health resources and support, please [visit this site](#).

PLEASE MAKE SURE THAT OUR OFFICE IS AWARE OF ANY CHANGES IN CONTACT INFORMATION. IT IS IMPORTANT THAT WE HAVE THE CORRECT CONTACT INFORMATION.

MEDICATIONS

If your student needs to take prescription or non-prescription medication during the school day, a [Medication Authorization Form](#) must be completed for each medication. The medication and form must be dropped off at the main office by an adult. A new form is required every school year.

MHSAA SPORTS PHYSICAL FORMS

Only MHSAA sports physical forms will be accepted at middle/high school athletic departments. Forms are available on the MHSAA website, and our offices have cardstock forms available. The submitted form must be the original form with the doctor's signature. You can obtain these cards in your middle/high school office. Remember, sports physical for the 2025-26 school year must be completed no earlier than April 15, 2025. For the most up-to-date information, please visit the [middle school athletics website](#). Please read the daily student announcements for sign-up information for the upcoming seasons.

The image shows a sample MHSAA Sports Physical Form. It is a multi-section document with various fields for medical history, physical examination, and athlete information. The form includes sections for 'Medical History', 'Physical Examination', 'Athlete Information', and 'Physician's Statement'. It also has a section for 'Parent/Guardian Information' and a 'Signature' line for the physician. The form is titled 'MHSAA SPORTS PHYSICAL FORM' at the top.

[Click here for Community Flyers](#)

GIRLS BASKETBALL

8th Grade Head Coach: Rick Wallace

Contact Info: wallacer@charemisd.org

7th Grade Head Coach: TBD

*For standard Home Games, 8th grade will play at PMS and 7th grade will play at Central Elementary. For Home Games that say 1 game each grade or 3 games total, all games will be at PMS.

PMS Girls Basketball Schedule 2025-26

DATE	H/A	Opponent	Time
January 14th (Wednesday)	Home	TC West	4:30
January 19th (Monday)	Home	TC East	4:00
January 21st (Wednesday)	Home	Gaylord	4:00
January 26th (Monday)	Away	Cadillac	4:00
January 29th (Thursday)	Home	Alpena	4:00
February 3rd (Tuesday)	Away	Sault (1 game each grade)	4:00
February 4th (Wednesday)	Away	Gaylord	4:00
February 9th (Monday)	Home	Cadillac	4:00
February 11th (Wednesday)	Away	Alpena	4:00
February 12th (Thursday)	Away	Boyne City (3 games total)	4:00
February 18th (Wednesday)	Home	Sault (1 game each grade)	4:00
February 19th (Thursday)	Home	Harbor Springs (3 games total)	4:00

SKI TEAM

Head Coach: Chris Dettmer

Contact Info: cdettmer@spoon.com

PMS Ski Team Schedule 2025-2026

DATE	Location	Event	Time
January 12th (Monday)	Nubs Nob	GS Race	3:00
January 22nd (Thursday)	Boyne Highlands	GS Race	3:00
January 26th (Monday)	Nubs Nob	SL Race	3:00
February 2nd (Monday)	Nubs Nob	SL Race	3:00
February 11th (Wednesday)	Nubs Nob	Little Brown Jug	2:00
<p style="text-align: center;">Dryland Practice (At PMS from 3:30-4:30):</p> <p style="text-align: center;">Nov 21st, Dec 5th, Dec 12th, Dec 19th</p> <p style="text-align: center;">Practice Schedule (All Practices are at Nubs Nob from 3:00-5:30):</p> <p style="text-align: center;">Jan 5th, Jan 6th, Jan 7th, Jan 13th, Jan 14th, Jan 20th, Jan 21st, Jan 27th, Jan 28th, Feb 3rd, Feb 4th, Feb 9th, Feb 10th</p>			

[Click here for Community Flyers](#)

WRESTLING

Head Coach: Ryan Dunkel (Contact Info: (231) 203-3429 ryandunkel87@gmail.com)

On December 8 - 11 from 3:30 - 4:30, there will be an opportunity for athletes to be introduced to wrestling to see if it something they are interested in continuing. Wrestling practice on December 15. Practices will be 3:30 - 5:30.

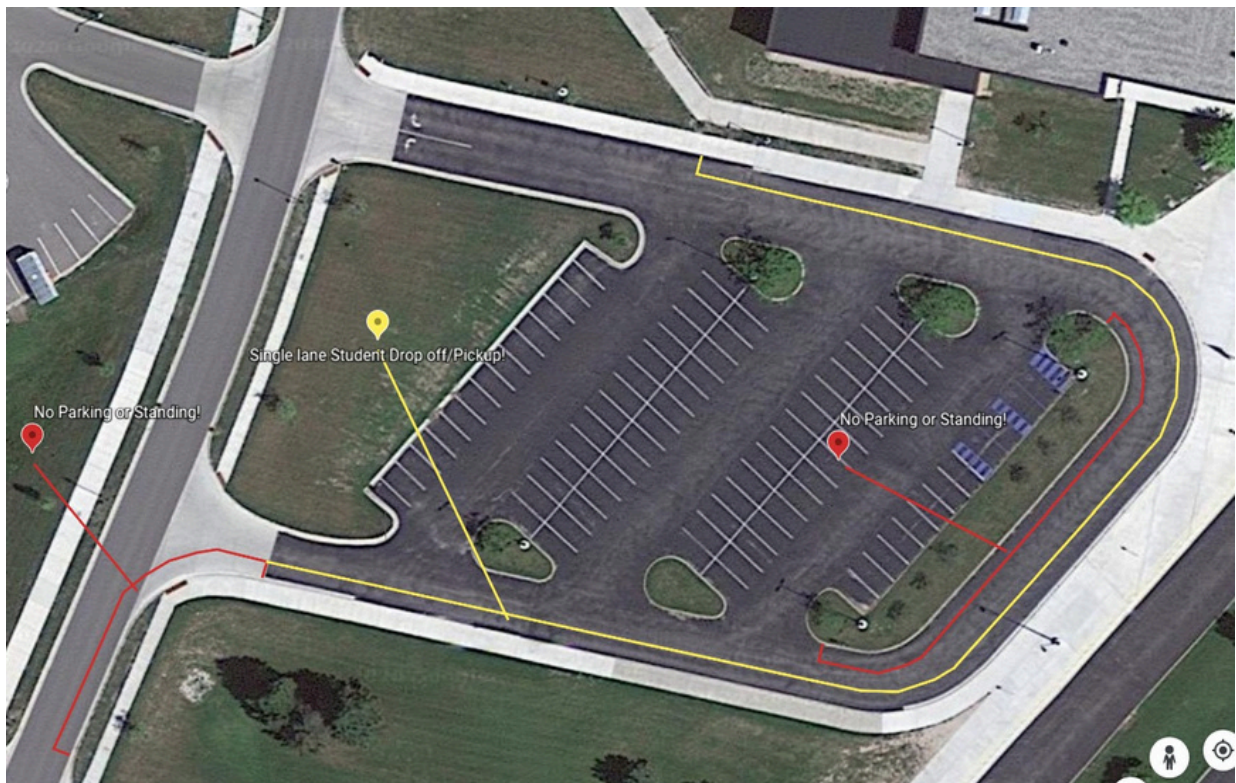
PMS Wrestling Schedule 2025-26

DATE	H/A	Opponent	Time
January 10th (Saturday)	Away	Dundee Tournament	9:00 a.m.
January 19th (Monday)	Away	Cadillac & Kingsley	5:30 p.m.
January 22nd (Thursday)	Away	Gaylord	4:00 p.m.
February 3rd (Tuesday)	Home	TC West & TC East	4:00 p.m.
February 5th (Thursday)	Home	Gaylord & Boyne City	4:00 p.m.
February 10th (Tuesday)	Home	Cadillac	4:00 p.m.
February 19th (Thursday)	Away	Gaylord Quad	4:00 p.m.
February 21st (Saturday)	Away	Mancelona Tournament	9:00 a.m.
February 26th (Thursday)	Away	TC West & TC East	4:00 p.m.
March 7th (Saturday)	Away	TC Tournament	9:00 a.m.

[Click here for Community Flyers](#)

DROP OFF/ PICK UP PROCEDURES

The parent drop off and pick up procedure is an extremely important process that everyone must abide by. There has been an article in this newsletter for the past several months explaining the procedure, but it is important to review for the safety of all of our children. Parents should drop off and pick up students on the right side of the loop. The left side should be used for moving forward and is a no parking area. If you need to park for an extended time, please use the parking lot. It is also important to not obstruct Northmen Drive. Please see the picture below. The school parking lot is usually extremely busy and congested before and after school, and it will likely be an even greater challenge this year. To help maintain safety and traffic flow, we ask that you use the parent loop and parking lot accordingly. Also, remember that there is an alternate drop off location on the PHS side of Northmen Drive. Students dropped off there can walk to the Middle School through the tunnel. No vehicles other than school buses are allowed in the bus loop. We appreciate your help in keeping our students safe. Also, please do not block Handicap parking spaces!



The District will not discriminate against any person based on race, color, national origin, ethnicity, religion, sex (including pregnancy, gender identity, and sexual orientation), height, weight, marital status, age, disability, genetic information, veteran status, military service, or any other legally protected class. The Board reaffirms its long-standing policy of compliance with all applicable federal and state laws and regulations prohibiting discrimination.

*Civil Rights & Title IX Coordinator, Becky Smith, Director
of Teaching and Learning*

*Spitler Administration Building, 1130 Howard Street,
Petoskey, MI 49770 231-348-2352,
TitleIXCoordinator@northmen.org*

[Click here for Community Flyers](#)



JANUARY 2026



PETOSKEY SCHOOL WELLNESS NEWSLETTER

Hello students and families!

Happy New Year! We hope your holidays were full of rest and joy. As we move into the long winter months, the Petoskey School Wellness Program wants to share some creative and science-backed tips to keep both your body healthy.

Mental Health Tips for Winter

Winter days can feel long and gloomy, but there are fun and surprising ways to lift your mood:

- Light therapy at home: Natural light is limited in winter. Sitting near a sunny window for 15-20 minutes a day or using a light therapy lamp can improve mood and energy.
- Digital declutter: Spending too much time on social media during dark winter months can worsen low moods. Try scheduling "screen-free" blocks each day to boost focus and reduce stress.
- Mindful movement: Activities like yoga, tai chi, or even gentle stretching combined with deep breathing can calm the mind and energize the body—great for indoor days.
- Gratitude journaling: Writing down 1-3 things you're thankful for every day can improve your outlook, even when it's cold and gray outside.

Winter Medical Health Tips

Beyond the usual tips, here are some lesser-known ways to protect yourself from winter illnesses:

- Keep indoor air clean: Dry winter air can increase germs. Using a humidifier or keeping houseplants can improve air quality and reduce the spread of viruses.
- Boost immunity with cold-weather foods: Foods rich in zinc (like pumpkin seeds), vitamin C (kiwi, bell peppers), and probiotics (yogurt, kefir) can support your immune system.
- Mind your sleep schedule: Staying consistent with bedtime—even on weekends—helps your immune system function better and prevents winter fatigue.
- Disinfect high-touch items wisely: Phones, keyboards, and door handles carry germs. Wiping them down a couple of times a week with a safe disinfectant reduces exposure without overdoing it.
- Stay hydrated: Winter air is dry, and people often drink less water. Even mild dehydration can make you feel sluggish and weaken your immune response. Hot teas or infused water are great options.

We're here for you! Whether it's medical check-ups, mental health support, or just a safe place to talk, the Health Center is ready to help. Stop by or schedule an appointment—we want you to thrive this winter.

IMPORTANT REMINDERS FOR FAMILIES



Parent/Guardian Survey

- Medicaid and Sliding Fee Support: If your family needs help enrolling in Medicaid or applying for sliding fee services, our Health Center staff are here to assist you. Just reach out to us at [\(231\) 412-6371](tel:2314126371) or learn more about applying for benefits through mibridges.gov.
- Join Our Community Advisory Council: Want to help shape the programs and services at PSWP? Become a part of our Community Advisory Council and share your ideas to improve care for students and families. To get involved, please contact cdettloff@alconahc.org.



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.



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
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
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
---	--	--	---	--

DAILY Homemade WG Pizza ALTERNATES

Homemade WG Pepperoni Pizza Homemade WG Cheese Pizza Homemade WG Meat Lover's Pizza	Homemade WG Pepperoni Pizza Homemade WG Cheese Pizza Homemade Supreme Pizza w/ Sausage, Peppers, & Onions	Homemade WG Pepperoni Pizza Homemade WG Cheese Pizza Mozz. Cheese Filled WG Pizza Crunchers w/ Marinara	Homemade WG Pepperoni Pizza Homemade WG Cheese Pizza Homemade WG Bacon Pizza	Homemade WG Pepperoni Pizza Homemade WG Cheese Pizza Homemade WG Ham Pizza
--	--	--	---	---

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 & Ham Wrap</u> Turkey, Ham, American Cheese & Lettuce	<u>Spicy Italian Wrap</u> Ham, Salami, Pepperoni Provolone & Lettuce	<u>Ham & Bacon Wrap</u> Ham, 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

This institution is an equal opportunity provider.

Petoskey Middle School Breakfast Menu

6th - 8th

December 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.

January 5th	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
SNOW DAY! 	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	Mini Confetti WG Pancakes OR Egg Sausage & Cheese on WG Biscuit Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk	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	Homemade Sausage Gravy Breakfast Pizza OR Egg Sausage & Cheese on WG Bagel Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk
12	13	14	15	16
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	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	WG Maple Pancake on a Stick OR Egg Sausage & Cheese on WG Biscuit Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk	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	Homemade Egg & Cheese Breakfast Pizza OR Egg Sausage & Cheese on WG Bagel Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk
19	20	21	22	23
No School!	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	WG Chocolate Croissant OR Egg Sausage & Cheese on WG Biscuit Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk	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	Homemade Ham & Cheese Quesadilla OR Egg Sausage & Cheese on WG Bagel Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk
26	27	28	29	30
WG Apple Filled Frudel OR Egg Sausage & Cheese on WG Bagel Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk	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	Mini Confetti WG Pancakes OR Egg Sausage & Cheese on WG Biscuit Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk	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	Homemade Sausage Gravy Breakfast Pizza OR Egg Sausage & Cheese on WG Bagel Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk
February 2nd	3	4	5	6
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	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	WG Maple Pancake on a Stick OR Egg Sausage & Cheese on WG Biscuit Assorted Chilled & Fresh Fruit 1% LF White or Chocolate & Skim Milk	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	Homemade Egg & Cheese Breakfast Pizza OR Egg Sausage & Cheese on WG Bagel 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	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	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	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	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.



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.