

Houghton Portage Township Schools

2025 Weeks: 9/1, 10/13, 11/24
2026 Weeks: 1/5, 2/12, 3/30, 5/11

Week 1
Cycle Menu
Grades K-12

Entree Options - Choose 1

Monday

French Fries
Peaches in Light Syrup

Vegetable Lasagna (v) - roasted pepper, squash, and onion layered with cheese and sauce served with WG garlic bread and a mini WG Rice Krispies treat

Pizza - cheese (v) or pepperoni* on WG crust

Yogurt Lunch (v) - see details on reverse

Tuesday

Refried Pinto Beans &
Cheese
Pears

Chicken Fajita - on a WG soft flour tortilla with shredded cheese and (optional) sour cream

Beef Taco - on a WG soft flour tortilla with shredded cheddar cheese and (optional) sour cream

Yogurt Lunch (v) - see details on reverse

Wednesday

Steamed Peas & Carrots
Cook's Choice Seasonal
Fresh Fruit

Hot Dog - WG macaroni and cheese with a hot dog on a WG bun

Pizza - cheese (v) or pepperoni* on WG crust

Yogurt Lunch (v) - see details on reverse

Thursday

Mashed Potato &
Chicken Gravy
Fruit Cocktail in
Light Syrup

Chicken Tenders and Waffles - both WG

Grilled Honey BBQ Beef Rib Patty - on WG bun

Yogurt Lunch (v) - see details on reverse

Friday

Celery Sticks
Sidekicks Slushy Fruit
Juice Cup

Bosco Sticks (v) - cheese stuffed WG breadstick with marinara dipping sauce

WG Tangerine Chicken Stir-Fry - with stir-fry vegetables and brown rice

Yogurt Lunch (v) - see details on reverse

+ at least ½ cup fruits and veggies from the harvest bar
+ your choice of an 8 oz carton of milk

Thank you for participating in the breakfast and lunch programs. Have a GREAT school year!
Shelby Turnquist FSD & Kitchen Crew, Email questions to sturnquist@hpts.us
USDA is an equal opportunity provider

Notes for Parents & Students

Menu abbreviations: v = vegetarian, WG = whole grain, * = contains pork

Breakfast Schedule	
K - 5th	7:45 AM - 8:15 AM
6th - 12th	7:45 AM - 8:10 AM

Lunch Schedule	
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1st	11:25 AM - 11:50 AM
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Meal prices:

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- Lunch 6th - 12th = \$3.25

Adults:

- Breakfast = \$3.50
- Lunch = \$5.50

Application - **IMPORTANT!**

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Yogurt Lunch

- Choose 1 yogurt
- Choose 1 protein: boiled egg, colby jack cheese cubes, string cheese, or cheddar cheese stick
- Choose 2 grains: muffin, crackers, or cereal

Harvest Bar

Enjoy fresh fruits and veggies every day! Examples include carrots, tomatoes, radishes, cucumbers, peppers, pea pods, broccoli, cauliflower, spinach, kale, lettuce, microgreens, apples, oranges, clementines, cantaloupe, watermelon, grapes, pineapple, and kiwi. Selection varies based on season/availability.



Houghton Portage Township Schools

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2026 Weeks: 1/12, 2/23, 3/31, 5/18

Week 2
Cycle Menu
Grades K-12

Entree Options - Choose 1

Monday

Prince Charles Blend
Applesauce

Beef Italian Meatballs - served with spaghetti sauce over pasta with (optional) parmesan cheese

Pizza - cheese (v) or pepperoni* on WG crust

Yogurt Lunch (v) - see details on reverse

Tuesday

Seasoned Black Beans
Strawberries

Build-Your-Own Fiesta Nachos - WG tortilla pieces, hot cheese sauce, beef, harvest bar veggies, and (optional) sour cream

Chicken Sandwich - WG breaded chicken patty on a WG hamburger bun

Yogurt Lunch (v) - see details on reverse

Wednesday

Crispy Baby Carrots
Cook's Choice Seasonal
Fresh Fruit

Tuna Macaroni Salad - pasta tossed with tuna in a creamy sauce with peas and onions

Pizza - cheese (v) or pepperoni* on WG crust

Yogurt Lunch (v) - see details on reverse

Thursday

Mashed Potatoes &
Chicken Gravy
Fruit Cocktail in
Light Syrup

BBQ Chicken Sandwich - boneless chicken breast baked in BBQ sauce on a WG bun

WG Popcorn Chicken - served with a WG buttermilk biscuit

Yogurt Lunch (v) - see details on reverse

Friday

Crispy Oven Baked
Potato Cubes
Pears

WG French Toast Sticks (v) - side of sausage,* egg patty, and syrup cup

Fruit & Yogurt Parfait (v) - served with a hard boiled egg, bag of WG pretzel twists, and WG muffin

Yogurt Lunch (v) - see details on reverse

+ at least ½ cup fruits and veggies from the harvest bar
+ your choice of an 8 oz carton of milk

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Yogurt Lunch

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Harvest Bar

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Houghton Portage Township Schools

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2026 Weeks: 1/19, 3/2, 4/13, 5/25

Week 3
Cycle Menu
Grades K-12

Entree Options - Choose 1



Hot Dog - on WG bun with WG macaroni and cheese
Pizza - cheese (v) or pepperoni* on WG crust
Yogurt Lunch (v) - see details on reverse



Spaghetti with Homemade Beef Sauce - sauce served over pasta with (optional) parmesan cheese
WG Corn Dog - with honey crunch batter
Yogurt Lunch (v) - see details on reverse



Hammie Sammie* - hot ham sandwich with American cheese on a WG hamburger bun
Pizza - cheese (v) or pepperoni* on WG crust
Yogurt Lunch (v) - see details on reverse



WG Breaded Chicken Drumstick - with creamy alfredo sauce over pasta (v)
Baked Ham* - served with a WG dinner roll and WG goldfish crackers
Yogurt Lunch (v) - see details on reverse



Grilled Cheese Sandwich (v) - on WG honey wheat bread
Chef Salad - diced turkey or turkey ham, boiled egg, lettuce, veggies, cheddar, WG garlic croutons and WG breadstick
Yogurt Lunch (v) - see details on reverse

+ at least ½ cup fruits and veggies from the harvest bar
+ your choice of an 8 oz carton of milk

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Yogurt Lunch

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- Choose 2 grains: muffin, crackers, or cereal

Harvest Bar

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Houghton Portage Township Schools

2025 Weeks: 9/22, 11/3, 12/14
2026 Weeks: 1/26, 3/9, 4/20, 6/1

Week 4
Cycle Menu
Grades K-12

Entree Options - Choose 1

Monday

Steamed Corn
Fruit Cocktail in
Light Syrup

WG Cheese Ravioli (v) - in meatless spaghetti sauce with WG garlic bread

Pizza - cheese (v) or pepperoni* on WG crust

Yogurt Lunch (v) - see details on reverse

Tuesday

Seasoned Black Beans
Peaches in Light Syrup

Homemade Beef and Bean Taco Salad - served with WG tortilla pieces and (optional) sour cream

Cheese Quesadilla (v) - WG tortilla shell with mozzarella cheese and (optional) sour cream

Yogurt Lunch (v) - see details on reverse

Wednesday

Broccoli & Cheese
Cook's Choice Seasonal
Fresh Fruit

Baked Potato - topped with diced ham and shredded cheddar cheese with 2 slices of WG bread on the side

Pizza - cheese (v) or pepperoni* on WG crust

Yogurt Lunch (v) - see details on reverse

Thursday

Mashed Potatoes &
Chicken Gravy
Pears

WG Chicken Nuggets - served with a WG honey dinner roll

Egg Salad Sandwich (v) - on WG wheat bread

Yogurt Lunch (v) - see details on reverse

Friday

Cucumber Slices
Applesauce

Bosco Sticks (v) - cheese stuffed WG breadstick with marinara dipping sauce

WG Tangerine Chicken Stir-Fry - with stir-fry vegetables and brown rice

Yogurt Lunch (v) - see details on reverse

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+ your choice of an 8 oz carton of milk

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Yogurt Lunch

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Harvest Bar

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Houghton Portage Township Schools

2025 Weeks: 9/29, 11/10, 12/22

2026 Weeks: 2/2, 3/16, 4/27, 6/8

Week 5

Cycle Menu

Grades K-12

Entree Options - Choose 1

Monday

Tossed Salad with
Grape Tomatoes
Applesauce

Beef and Cheese Lasagna - ricotta cheese, Italian meat sauce, tomatoes, and veggies served with WG garlic bread

Pizza - cheese (v) or pepperoni* on WG crust

Yogurt Lunch (v) - see details on reverse

Tuesday

French Fries
Fruit Cocktail in
Light Syrup

WG French Toast Sticks (v) - served with side of sausage, egg patty, and syrup cup

All American Beef Hamburger - on WG bun with (optional) cheese

Yogurt Lunch (v) - see details on reverse

Wednesday

Baked Beans
Cook's Choice Seasonal
Fresh Fruit

Chicken Sandwich - WG breaded chicken patty on WG hamburger bun

Pizza - cheese (v) or pepperoni* on WG crust

Yogurt Lunch (v) - see details on reverse

Thursday

Crunchy Carrots
Peaches in Light Syrup

Beef Sloppy Joe - on WG hamburger bun

WG Macaroni & Cheese (v) - served with 3 WG chicken tenders

Yogurt Lunch (v) - see details on reverse

Friday

Cauliflower & Broccoli
Buds
Sidekicks Slushy Fruit
Juice Cup

Sub Sandwich - made with deli meat and American cheese slices on a WG sub bun

WG Tangerine Chicken Stir-Fry - with stir-fry vegetables and brown rice

Yogurt Lunch (v) - see details on reverse

+ at least ½ cup fruits and veggies from the harvest bar
+ your choice of an 8 oz carton of milk

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Yogurt Lunch

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- Choose 2 grains: muffin, crackers, or cereal

Harvest Bar

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Houghton Portage Township Schools

2025 Weeks: 10/6, 11/17, 12/29

2026 Weeks: 2/9, 3/23, 5/7

Week 6

Cycle Menu

Grades K-12

Entree Options - Choose 1

Monday

Steamed Baby Carrots
Pears in Light Syrup

Homemade Beef & Bean Chili - served with a WG cinnamon roll

Pizza - cheese (v) or pepperoni* on WG crust

Yogurt Lunch (v) - see details on reverse

Tuesday

Seasoned Black Beans
Applesauce

Build-Your-Own Fiesta Nachos - WG tortilla pieces, hot cheese sauce, beef, harvest bar veggies, and (optional) sour cream

Cheese Quesadilla (v) - WG tortilla shell with mozzarella cheese and (optional) sour cream

Yogurt Lunch (v) - see details on reverse

Wednesday

Oven Baked Waffle Fries
Cook's Choice Seasonal
Fresh Fruit

WG Breaded Chicken Drumstick - with creamy alfredo sauce over pasta (v)

Pizza - cheese (v) or pepperoni* on WG crust

Yogurt Lunch (v) - see details on reverse

Thursday

Mashed Potatoes &
Chicken Gravy
Fruit Cocktail in
Light Syrup

Gremlin Bowl - mashed potatoes topped with WG chicken bites, gravy, corn, and cheese with WG garlic toast

WG Corn Dog - with honey crunch batter

Yogurt Lunch (v) - see details on reverse

Friday

Broccoli Buds
Grapes

Bosco Sticks (v) - cheese stuffed WG breadstick with marinara dipping sauce

WG Tangerine Chicken Stir-Fry - with stir-fry vegetables and brown rice

Yogurt Lunch (v) - see details on reverse

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