



# Lakeview Middle School Lunch Menu

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include 1% White, and Skim Chocolate. All milk is artificial hormone free.

Station	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	Professional Development Day  No School for Students!	OLE' DAY BOWL  2/1 Chili Crisпитos  Homemade Whole Grain Tortilla Chips  Mixed Greens  Refried Bean Bake  Homemade Fruit Crisp  Mexican Churro Stick  Roasted Locally Grown MI Tomato Salsa	TERIYAKI RICE BOWL  Julienne Grilled Chicken  Stir Fry Vegetables w/ Water Chestnuts  Steamed and Seasoned Broccoli w/ Yellow Pepper Strips  Stir Fried Rice  Seasoned Sweet Peas  Sesame Breadstick  Diced Green Onions	SPICY NACHO BOWL  Spicy Taco Meat  Whole Grain Tortilla Pieces  Spanish Rice  Refried Bean Bake w/ Cheese  Warm Baked Cinnamon Apple Slices  Homemade Cinnamon Breadstick  Creamy Cilantro Lime Dressing  Cheese Sauce	AMERICAN DINER BOWL  Homemade Meatloaf  Homemade Macaroni & Cheese  Mashed Potatoes  Steamed and Seasoned Green Beans  Steamed and Seasoned Mixed Veggies  Whole Grain Dinner Roll  Brown Gravy  Green Parsley Flakes
 Daily Combo Choices Include: Burgers Topped w/ Your Choice of: Fresh Romaine Lettuce, Tomato, Onion & Low Fat Dressings		Hamburger on a Whole Grain Bun  Salsa & Bean Dip w/ Corn Chips  Vegetable or Fruit Bake of the Day	Breaded Chicken Sandwich Combo on a Whole Grain Bun  Baked Potato w/ Broccoli and Cheese  Vegetable or Fruit Bake of the Day	Taste of the Day Combo: Chicken Ranchero Wrap w/ Cheddar Potato Strips  Hamburger on a Whole Grain Bun  Vegetable or Fruit Bake of the Day	Breaded Chicken Sandwich Combo w/ Baked Oven Fries  Hamburger on a Whole Grain Bun  Vegetable or Fruit Bake of the Day
 Baked Fresh Daily Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Cold Veggies on the Side		Bacon, Egg and American Cheese Flatbread  BLT Pizza  Classic Cheese Pizza	Boscos Cheese Filled Breadstix w/ Sauce  Pepperoni Pizza on Whole Grain Crust  Classic Cheese Pizza	Sausage Pizza Wrap  Beef & Veggie Hot Pocket  Classic Cheese Pizza	Sausage & Mushroom Pizza  Pepperoni Pizza on Whole Grain Crust  Classic Cheese Pizza
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, Whole Wheat & Vegetable Wraps Turkey, Turkey Ham, & Chilled Breaded Chicken, Turkey Pastrami American Cheese, Colby Jack Cheese & Swiss Cheese, Pepperjack Cheese Lettuce, Tomato, Onions, Cucumbers, Green & Red Peppers, Mushrooms & Shredded Carrots		Made to Order SANDWICH Bar	Made to Order SANDWICH Bar	Made to Order SANDWICH Bar	Made to Order SANDWICH Bar
 Fresh Food Fast- Packaged for Grab N' Go		Deli Chef Salad w/ Crackers	Deli Chef Salad w/ Crackers	Deli Chef Salad w/ Crackers	Deli Chef Salad w/ Crackers
 Cold Fruit & Vegetable Bar Offered Daily  Featuring Fresh Seasonal Produce Including Local Items as Available		Mixed Lettuce Greens  Pasta Salad  Green Bean Salad  Cauliflower & Broccoli  Applesauce	Mixed Lettuce Greens  Pasta Salad  Pineapple Tidbits  Peas & Walnut Salad  Corn & Black Bean Salad	Mixed Lettuce Greens  Pasta Salad  Fresh Grapes  Fruit & Nut Trail Mix  Cottage Cheese	Mixed Lettuce Greens  Pasta Salad  Homemade Bread Pudding w/ Wheat Bread  Chilled Peaches  Fruited Jello

Contact Carla Cooper at (989) 352-7221 x2223 or [cooperc@lakeviewschools.net](mailto:cooperc@lakeviewschools.net) with any questions.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs on the basis of race, color, national origin, sex religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

### November's Food Focus: Carrots

Carrots are an excellent source of Vitamin A, which is needed for healthy eyesight, skin, growth and fighting infection. Their sweet taste makes them a great snack when eaten raw and a tasty addition to a variety of cooked dishes.

Student price \$2.25  
 Reduced price \$ .40  
 A la carte milk \$ .40  
 Adult Price \$3.00


**Locally Grown** is defined, by the State of Michigan, as being grown within 150 miles of the community.

Locally Grown Fruits & Vegetables will be posted on the monthly menu. When there is a shortage from the farmers we will have to substitute that Locally Grown product with product that is not Locally Grown.

## Lakeview Middle School Lunch Menu

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Daily milk choices include 1% Low Fat White, and Skim Chocolate. All milk is artificial hormone free.

Station	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	Professional Development Day  No School for Students!	MASHED POTATO BOWL  Popcom Chicken Mashed Potatoes Seasoned Corn Roasted Carrot Fries Chicken Gravy Whole Grain Breadstick Shredded Cheddar Cheese Shredded Carrots	ITALIAN PASTA BOWL  Italian Marinated Chicken Fettucini Whole Wheat Spaghetti Roasted Italian Vegetables Seasoned Green Beans Garlic Twist Alfredo Sauce Marinara Sauce Roma Herb Seasoning Blend	SPICY NACHO BOWL  Spicy Taco Meat Whole Grain Tortilla Pieces Spanish Rice Refried Bean Bake w/ Cheese Warm Baked Cinnamon Apple Slices Homemade Cinnamon Breadstick Creamy Cilantro Lime Dressing Cheese Sauce	BRUNCH FOR LUNCH BOWL  Scrambled Eggs Crumbled Sausage Herb Roasted potatoes w/ Carrots Orange Wedges Fresh Apple Slices Wheat Pancakes Warm Syrup Shredded Cheddar Cheese
 Daily Combo Choices Include: Burgers Topped w/ Your Choice of: Fresh Romaine Lettuce, Tomato, Onion & Low Fat Dressings		Hamburger on a Whole Grain Bun Salsa & Bean Dip w/ Corn Chips Vegetable or Fruit Bake of the Day	Breaded Chicken Sandwich Combo on a Whole Grain Bun Baked Potato w/ Broccoli and Cheese Vegetable or Fruit Bake of the Day	Taste of the Day Combo: Chicken Ranchero Wrap w/ Cheddar Potato Strips Hamburger on a Whole Grain Bun Vegetable or Fruit Bake of the Day	Breaded Chicken Sandwich Combo w/ Baked Oven Fries Hamburger on a Whole Grain Bun Vegetable or Fruit Bake of the Day
 Baked Fresh Daily Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Cold Veggies on the Side		Bacon, Egg and American Cheese Flatbread BLT Pizza Classic Cheese Pizza	Boscos Cheese Filled Breadstix w/ Sauce Pepperoni Pizza on Whole Grain Crust Classic Cheese Pizza	Sausage Pizza Wrap Beef & Veggie Hot Pocket Classic Cheese Pizza	Sausage & Mushroom Pizza Pepperoni Pizza on Whole Grain Crust Classic Cheese Pizza
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, Whole Wheat & Vegetable Wraps Turkey, Turkey Ham, & Chilled Breaded Chicken American Cheese, Colby Jack Cheese & Swiss Cheese, Pepperjack Cheese Lettuce, Tomato, Onions, Cucumbers, Green & Red Peppers, Mushrooms & Shredded Carrots		Made to Order SANDWICH Bar	Made to Order SANDWICH Bar	Made to Order SANDWICH Bar	Made to Order SANDWICH Bar
 Fresh Food Fast-Packaged for Grab N' Go		Deli Chef Salad w/ Crackers	Deli Chef Salad w/ Crackers	Deli Chef Salad w/ Crackers	Deli Chef Salad w/ Crackers
 Cold Fruit & Vegetable Bar Offered Daily  Featuring Fresh Seasonal Produce Including Local Items as Available		Mixed Lettuce Greens Pasta Salad Chilled Pears Mexican Bean Dip w/ Chips Broccoli & Mushroom Salad	Mixed Lettuce Greens Pasta Salad Homeade Fruit Crisp Dried Cherries Fresh Veggie Mix	Mixed Lettuce Greens Pasta Salad Sweet Corn Niblets Baked Fruit Bar Tropical Fruit Salad	Mixed Lettuce Greens Pasta Salad Croutons Kidney Beans Strawberries

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**A la carte milk \$ .40**  
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 Locally Grown Fruits & Vegetables will be posted on the monthly menu. When there is a shortage from the farmers we will have to substitute that Locally Grown product with product that is not Locally Grown.

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Station	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	OLE' DAY BOWL  2/1 Chili Crisptos  Homemade Whole Grain Tortilla Chips  Mixed Greens  Refried Bean Bake  Homemade Fruit Crisp  Mexican Churro Stick  Roasted Locally Grown MI Tomato Salsa	Opening Hunters Day  No School for Students	ORANGE GINGER CHICKEN BOWL  Popcorn Chicken  Steamed Brown Rice Fried Rice  Steamed and Seasoned Locally Grown Broccoli  Fresh Stir Fried Veggies  Sesame Breadstick  Orange Ginger Sauce  Chopped Green Onion	SPICY NACHO BOWL  Spicy Taco Meat  Whole Grain Tortilla Pieces  Spanish Rice  Refried Bean Bake w/ Cheese  Warm Baked Cinnamon Apple Slices  Homemade Cinnamon Breadstick  Creamy Cilantro Lime Dressing  Cheese Sauce in	TURKEY NOODLE BOWL  Crumbled Roasted Turkey  Steamed Egg Noodles  Steamed & Seasoned Sweet Peas  Steamed & Seasoned Corn  Whole Grain Dinner Roll  Turkey Mushroom Sauce  Fresh Parsley
 Daily Combo Choices Include: Open Faced Burgers Grilled Sandwiches Topped w/ Your Choice of: Fresh Romaine Lettuce, Tomato, Onion & Low Fat Dressings	Turkey Burger Combo w/ Herb Seasoned Potatoes  Cheeseburger on a Whole Grain Bun  Vegetable or Fruit Bake of the Day		Breaded Chicken Sandwich Combo on a Whole Grain Bun  Baked Potato w/ Broccoli and Cheese  Vegetable or Fruit Bake of the Day	Taste of the Day Combo: Chicken Ranchero Wrap w/ Cheddar Potato Strips  Hamburger on a Whole Grain Bun  Vegetable or Fruit Bake of the Day	Breaded Chicken Sandwich Combo w/ Baked Oven Fries  Hamburger on a Whole Grain Bun  Vegetable or Fruit Bake of the Day
 Baked Fresh Daily Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Cold Veggies on the Side	Taco Pizza  Ham & Pineapple Pizza  Classic Cheese Pizza		Boscos Cheese Filled Breadstix w/ Sauce  Pepperoni Pizza on Whole Grain Crust  Classic Cheese Pizza	Sausage Pizza Wrap  Beef & Veggie Hot Pocket  Classic Cheese Pizza	Sausage & Mushroom Pizza  Pepperoni Pizza on Whole Grain Crust  Classic Cheese Pizza
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, Whole Wheat & Vegetable Wraps Turkey, Turkey Ham, & Chilled Breaded Chicken American Cheese, Colby Jack Cheese & Swiss Cheese, Pepperjack Cheese Lettuce, Tomato, Onions, Cucumbers, Green & Red Peppers, Mushrooms & Shredded Carrots	Made to Order SANDWICH Bar		Made to Order SANDWICH Bar	Made to Order SANDWICH Bar	Made to Order SANDWICH Bar
 Fresh Food Fast-Packaged for Grab N' Go	Deli Chef Salad w/ Crackers		Deli Chef Salad w/ Crackers	Deli Chef Salad w/ Crackers	Deli Chef Salad w/ Crackers
 Cold Fruit & Vegetable Bar Offered Daily  Featuring Fresh Seasonal Produce Including Local Items as Available	Mixed Lettuce Greens  Pasta Salad  Mandarin Oranges  Fresh Locally Grown Cucumbers  Fresh Locally Grown Radishes		Mixed Lettuce Greens  Pasta Salad  Fresh Orange Smiles  Sherbet Cup  Oregano Pasta Bean Salad	Mixed Lettuce Greens  Pasta Salad  Chick Pea Salad  Fresh Petite Banana  Fruit Juice	Mixed Lettuce Greens  Pasta Salad  Diced Eggs  Fresh Mushrooms w/ Tomatoes  Fresh Grapes

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Station	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	All AMERICAN HOT DOG BAR  2/1 (Mix & Match) Hotdogs or Corn dogs Footlong Hotdog  Wheat Hotdog Buns Footlong Buns  BBQ Beans  Red & Green Peppers  Cheese Sauce  Chili Sauce  Fresh Chopped Onions Relish	AMERICAN DINER BOWL THANKSGIVING DINNER  Turkey & Gravy  Stuffing made w/ Wheat Bread  Mashed Potatoes  Steamed Seasoned Corn  Tossed Salad  Pumpkin Crisp  Cranberry Sauce  Wheat Dinner Roll	SIZZLING TACO BOWL  Seasoned Beef Taco Meat  Whole Grain Tortilla Chips  Whole Grain Tortilla Rounds  Rice & Beans  Mexican Corn  Fresh Sliced Apples  Mexican Churro Stick  Salsa	No School  Thanksgiving Break	No School  Thanksgiving Break
 Daily Combo Choices Include: Open Faced Burgers Grilled Sandwiches Topped w/ Your Choice of: Fresh Romaine Lettuce, Tomato, Onion & Low Fat Dressings	Turkey Burger Combo w/ Herb Seasoned Potatoes  Cheeseburger on a Whole Grain Bun  Popcorn Chicken  Vegetable or Fruit Bake of the Day	Hamburger on a Whole Grain Bun  Salsa & Bean Dip w/ Corn Chips  Vegetable or Fruit Bake of the Day	Breaded Chicken Sandwich Combo on a Whole Grain Bun  Baked Potato w/ Broccoli and Cheese  Vegetable or Fruit Bake of the Day		
 Baked Fresh Daily Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust	Taco Pizza  Ham & Pineapple Pizza  Classic Cheese Pizza	Bacon, Egg and American Cheese Flatbread  BLT Pizza  Classic Cheese Pizza	Boscos Cheese Filled Breadstix w/ Sauce  Pepperoni Pizza on Whole Grain Crust  Classic Cheese Pizza		
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, Whole Wheat & Vegetable Wraps Turkey, Turkey Ham, Tuna Salad, Egg Salad & Chilled Breaded Chicken American Cheese, Colby Jack Cheese & Swiss Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers, Green & Red Peppers, Mushrooms & Shredded Carrots	Made to Order SANDWICH Bar	Made to Order SANDWICH Bar	Made to Order SANDWICH Bar		
 Fresh Food Fast- Packaged for Grab N' Go	Deli Chef Salad w/ Crackers	Deli Chef Salad w/ Crackers	Deli Chef Salad w/ Crackers		
 Cold Fruit & Vegetable Bar Offered Daily  Featuring Fresh Seasonal Produce Including Local Items as Available	Mixed Lettuce Greens  Pasta Salad  Funtime Fruit snack  Baby Carrots  Picnic Beans	Mixed Lettuce Greens  Pasta Salad  Sweet Peas  Fresh Watermelon Slice  Sliced Bananas w/ Pineapple	Mixed Lettuce Greens  Pasta Salad  Creamy Coleslaw  Fresh Locally Grown Broccoli  Pineapple & Mandarin Orange Mix		

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Station	Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2
<p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p>	<p>OLE' DAY BOWL</p> <p>2/1 Chili Crispos</p> <p>Homemade Whole Grain Tortilla Chips</p> <p>Mixed Greens</p> <p>Refried Bean Bake</p> <p>Homemade Fruit Crisp</p> <p>Mexican Churro Stick</p> <p>Roasted Locally Grown MI Tomato Salsa</p>	<p>STUFFED PASTA BOWL</p> <p>Whole Wheat Cheese Ravioli Cheese Tortellini</p> <p>Shredded Mozzarella Cheese</p> <p>Fresh Carrots &amp; Corn</p> <p>Steamed &amp; Seasoned Green Beans</p> <p>Toasted Garlic Bun</p> <p>Red Marinara Sauce</p> <p>White Sauce</p> <p>Roma Herb Seasoning Blend</p>	<p>CHEESY CHICKEN &amp; RICE BOWL</p> <p>Diced Chicken Pieces</p> <p>Steamed White Rice</p> <p>Shredded Cheddar Cheese</p> <p>Mushroom Chicken Sauce</p> <p>Steamed &amp; Seasoned Sweet Peas</p> <p>Baked Warm Biscuit</p> <p>Marinated Cukes &amp; Tomatoes</p> <p>Chopped Green Onion</p>	<p>SPICY NACHO BOWL</p> <p>Spicy Taco Meat</p> <p>Whole Grain Tortilla Pieces</p> <p>Spanish Rice</p> <p>Refried Bean Bake w/ Cheese</p> <p>Warm Baked Cinnamon Apple Slices</p> <p>Homemade Cinnamon Breadstick</p> <p>Creamy Cilantro Lime Dressing</p> <p>Cheese Sauce</p>	<p>ITALIAN PASTA BOWL</p> <p>Saucy Meatballs</p> <p>Classic Spaghetti Curly Rotini Pasta</p> <p>Seasoned Mixed Vegetables</p> <p>Tossed Salad</p> <p>Toasted Whole Grain Garlic Bun</p> <p>Red Marinara Sauce</p> <p>Roma Herb Seasoning Blend</p>
<p>Daily Combo Choices Include: Open Faced Burgers Grilled Sandwiches Topped w/ Your Choice of: Fresh Romaine Lettuce, Tomato, Onion &amp; Low Fat Dressings</p>	<p>Turkey Burger Combo w/ Herb Seasoned Potatoes</p> <p>Cheeseburger on a Whole Grain Bun</p> <p>Vegetable or Fruit Bake of the Day</p>	<p>Hamburger on a Whole Grain Bun</p> <p>Salsa &amp; Bean Dip w/ Corn Chips</p> <p>Vegetable or Fruit Bake of the Day</p>	<p>Breaded Chicken Sandwich Combo on a Whole Grain Bun</p> <p>Baked Potato w/ Broccoli and Cheese</p> <p>Vegetable or Fruit Bake of the Day</p>	<p>Taste of the Day Combo: Chicken Ranchero Wrap w/ Cheddar Potato Strips</p> <p>Hamburger on a Whole Grain Bun</p> <p>Vegetable or Fruit Bake of the Day</p>	<p>Breaded Chicken Sandwich Combo w/ Baked Oven Fries</p> <p>Hamburger on a Whole Grain Bun</p> <p>Vegetable or Fruit Bake of the Day</p>
<p>Baked Fresh Daily Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust</p>	<p>Taco Pizza</p> <p>Ham &amp; Pineapple Pizza</p> <p>Classic Cheese Pizza</p>	<p>Bacon, Egg and American Cheese Flatbread</p> <p>BLT Pizza</p> <p>Classic Cheese Pizza</p>	<p>Boscos Cheese Filled Breadstix w/ Sauce</p> <p>Pepperoni Pizza on Whole Grain Crust</p> <p>Classic Cheese Pizza</p>	<p>Sausage Pizza Wrap</p> <p>Beef &amp; Veggie Hot Pocket</p> <p>Classic Cheese Pizza</p>	<p>Sausage &amp; Mushroom Pizza</p> <p>Pepperoni Pizza on Whole Grain Crust</p> <p>Classic Cheese Pizza</p>
<p>Cold Sandwiches &amp; Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, Whole Wheat &amp; Vegetable Wraps Turkey, Turkey Ham, Tuna Salad, Egg Salad &amp; Chilled Breaded Chicken American Cheese, Colby Jack Cheese &amp; Swiss Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers, Green &amp; Red Peppers, Mushrooms &amp; Shredded Carrots</p>	<p>Made to Order SANDWICH Bar</p>	<p>Made to Order SANDWICH Bar</p>	<p>Made to Order SANDWICH Bar</p>	<p>Made to Order SANDWICH Bar</p>	<p>Made to Order SANDWICH Bar</p>
<p>Fresh Food Fast- Packaged for Grab N' Go</p>	<p>Deli Chef Salad w/ Crackers</p>	<p>Deli Chef Salad w/ Crackers</p>	<p>Deli Chef Salad w/ Crackers</p>	<p>Deli Chef Salad w/ Crackers</p>	<p>Deli Chef Salad w/ Crackers</p>
<p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring Fresh Seasonal Produce Including Local Items as Available</p>	<p>Mixed Lettuce Greens</p> <p>Pasta Salad</p> <p>Rosy Applesauce</p> <p>Cauliflower</p> <p>Carrot Stix w/ Bell Pepper Strips</p>	<p>Mixed Lettuce Greens</p> <p>Pasta Salad</p> <p>Fresh Pear</p> <p>Pear &amp; Raisin Salad</p> <p>Celery Pieces</p>	<p>Mixed Lettuce Greens</p> <p>Pasta Salad</p> <p>Tomato Wedges</p> <p>Mixed Fruit</p> <p>Fresh Bagged Apple Slices</p>	<p>Mixed Lettuce Greens</p> <p>Pasta Salad</p> <p>Sweet Corn Salad</p> <p>Cauliflower Buds</p> <p>Boxed Raisins</p>	<p>Mixed Lettuce Greens</p> <p>Pasta Salad</p> <p>Fresh Grapes</p> <p>Peas &amp; Walnut Salad</p> <p>Corn &amp; Black Bean Salad</p>

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