



# November 2018 Ionia Middle School

**Student Lunch \$2.55   Milk Only \$0.35   Adult Lunch \$3.85**

Your lunch includes: An entrée with protein and whole grains, vegetable side dish, fruit side dish, and a choice of milk.

Students must take 3 of the 5 components but must select 1/2 cup fruit or vegetable to qualify as full meal.

Milk choices include skim white and skim chocolate. All milk is Michigan-produced and artificial hormone-free.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Available Daily:</b> <b>Hamburger or Cheeseburger</b> <b>Chicken Salad,</b> <b>Pepperoni Pizza,</b> <b>Romaine Blend,</b> <b>Carrots and Tomatoes</b>	<b>Baked French Fries are served once per week.</b> <b>Canned and fresh fruits are served daily.</b>		<b>Visit Our Website:</b> <a href="https://www.ioniaschools.org/page.cfm?p=54">https://www.ioniaschools.org/page.cfm?p=54</a>	No SCHOOL
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Up Periscope Italian Sub Mixed Veggies Tropical Mixed Fruit	Spaghetti & Meat Sauce Garlic Breadstick California Blend Diced Pears	Cheese Filled Breadsticks (2) Green Beans Diced Peaches	Burrito Golden Corn Fruit Cocktail	Chicken Fajita on Soft Shell Seasoned Black Beans Pineapple Tidbits
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Hot Diggity Dog Baked Beans Pineapple Tidbits	Chicken Alfredo with Rotini Dinner Roll Broccoli Applesauce	Turkey, Gravy, Mashed Potatoes, Stuffing, Roll, Fruit Salad & Pie	NO SCHOOL	Chicken & Waffles Green Beans Diced Peaches
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Chicken Quesadilla Seasoned Black Beans Tropical Mixed Fruit	Soft Shell Tacos Seasoned Corn Pineapple Tidbits	NO SCHOOL	NO SCHOOL Happy Thanksgiving	NO SCHOOL
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Lasagna Roll Up with Garlic Toast Power Peas Sweet Peaches	Chicken Smackers & Breadstick Mashed Potatoes Diced Pears	Sloppy Joe on Bun Green Beans Tropical Mixed Fruit	Hot Diggity Dog Baked Beans Pineapple Tidbits	French Toast Sticks & Sausage Tator Tots Mandarin Oranges

A new Free & Reduced Application must be filled out EVERY year! Visit [www.lunchapp.com](http://www.lunchapp.com) or ask your school office for a paper app!



Questions? Comments?  
[twnelson@ioniaschools.org](mailto:twnelson@ioniaschools.org)  
 or call Food Service at  
 527-1731  
 Tracy Nelson, Food Service  
 Director

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