

GREMLIN CAFÉ MENU

2009-2010

All Lunch Choices and Combos include the Main Entrée, choice of Milk, Fruit and Vegetable.

SALADS

Offered Daily

All Salads come with whole-wheat crackers

Classic Garden Salad \$2.75

Lettuce blend, tomato, cheddar cheese and an assortment of fresh vegetables – served with your choice of dressing

Chef Salad \$3.50

Diced ham, turkey and a hardboiled egg served over a lettuce blend with tomato, cheddar cheese and an assortment of fresh vegetables – served with your choice of dressing

Hail Caesar! Chicken Salad \$3.50

Grilled chicken, romaine lettuce, croutons, parmesan cheese and tomatoes with Paul Newman's Caesar dressing

SANDWICHES

Offered Daily

Deli Sub \$2.75

Ham, Salami and Bologna
(all turkey based meat)

Ham & American Cheese \$2.75

Turkey & American Cheese \$2.75

Egg Salad \$2.75

Chicken Salad on Swirl Rye Bread \$3.00

Roast Beef w/ Mozzarella Cheese \$3.50

HOT LUNCH COMBOS

Offered Daily

Cheese Nachos \$2.25

Tortilla pieces smothered in nacho cheese
Add Beef \$.75

Pizza by the Slice \$2.25

Cheese, Pepperoni or Sausage

****Available only at the Houghton Middle & HS****

Bread Sticks w/ 3ozs. of cheese \$3.50

****Available only at the Houghton Middle & HS****

BEVERAGES

Milk \$.50

½ Pints: Skim, 1% White or 1% Chocolate

100% Juice

Juice Boxes \$1.00

Bottles \$1.50

Plain & Flavored Water

Small \$1.50

Large \$1.75

EXTRA ITEMS OFFERED DAILY

Baked Chips \$.75

Grain bars and Pop-Tarts \$.75

String Cheese \$.50

Dannon Yogurt \$1.25

Fresh or Canned Fruit \$.75

Fresh or Steamed Vegetables \$.75

It is the policy of the Houghton-Portage School District that no person, on the basis of race, sex, color, religion, national origin or ancestry, age, marital status, disability, weight, or height, shall be discriminated against in employment, educational programs or admissions. Questions or concerns regarding the non-discrimination policies should be directed to Mr. Randall Ricchi, Business Manager, Houghton-Portage Township School District, 1603 Gundlach Road, Houghton, MI 49931: (906) 482-0451.

GREMLIN CAFÉ MENU

DAILY SPECIALS

MONDAY

Be sure to check out our special of the day

Chicken & Cheese Crispito \$3.50

Tightly rolled flour tortilla filled with all white meat chicken & cheese (3 served warm)

****Available only at the Middle & High School****

Muffin Special \$3.50

4 oz blueberry muffin, 8 oz Dannon yogurt, string cheese, carrot sticks and an apple

Fruit Parfait \$3.50

Layers of yogurt and fruit served with string cheese, granola and a muffin

TUESDAY

Albie's Pepperoni Bread Sticks \$3.50

2 stuffed breadsticks served with marinara sauce

****Available only at the Middle & High School****

Subway Sandwiches \$3.75

- ❖ Turkey & Cheese
- ❖ BMT Sub: Pepperoni, Salami and Ham
- ❖ Cold Cut Trio: Bologna, Salami and Ham
- ❖ Vegetable Sub

Morning Star Vegetable Burger \$2.75

WEDNESDAY

Strawberry Spinach Salad \$3.50

Fresh baby spinach leaves, grilled chicken strips, sliced fresh juicy red strawberries, toasted almonds and homemade poppy seed dressing

Bosco Whole Grain Cheese Sticks \$3.50

2 cheese filled breadsticks served w/marinara sauce

****Available only at the Middle & High School****

Hammy Sammy Sandwich \$2.75

Thinly sliced turkey ham smothered in melted American cheese served on a Kaiser roll

****Available only at the Middle & High School****

THURSDAY

Fresh Fruit Salad \$3.50

Assorted diced and chilled seasonal & tropical fruits served with a 2 oz muffin, string cheese and sunflower seeds

Personal Pan Pizza \$3.50

Round 7 inch pizza in either cheese or pepperoni

****Available only at the Middle & High School****

Cousins Subs \$3.75

- ❖ Turkey Breast
- ❖ Three Cheeses: Provolone, Swiss and Cheddar
- ❖ Ham & Provolone
- ❖ Italian Special: Coteghino bologna, Cappacolla ham, Genoa salami and provolone cheese
- ❖ Garden Veggie
- ❖ Roast Beef

Morning Star Black Bean Burger \$2.75

FRIDAY

Bosco Whole Grain Cheese Sticks \$3.50

2 cheese filled breadsticks served w/marinara sauce

****Available only at the Middle & High School****

Copper Country Pasty \$3.50

Piping hot beef, chicken, pot roast or vegetable

****Available only at the Middle & High School****

SWEET CORNER

Birthday Cupcakes \$.75

Small Muffins \$.75

Large Muffins \$1.00

Cookies & Bars \$.75

- ❖ Daily: Homemade Chocolate Chip
- ❖ Monday: Scotcharoo Bars
- ❖ Tuesday: Snicker Doodle
- ❖ Wednesday: Homemade Oatmeal
- ❖ Thursday: Snicker Doodle
- ❖ Friday: Homemade M&M