



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p><i>Turkey Burger on WG Bun(26)</i> Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p> <p>3 653:1653:92</p> | <p><i>Pizza Slice(34)</i> Fresh Broccoli & Ranch Dressing(4) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> <p>4 626:1140:76</p> | <p><i>Turkey Chorizo & Nachos w/ WG</i> Tossed Salad with Ranch(2) Fresh Orange(19) 1% White or FF Flavored Milk(19)</p> <p>5 771:1186:77</p> | <p><i>Meatballs & Gravy with WW Dinner</i> Seasoned Corn(25) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>6 560:722:90</p> | <p><i>Cheeseburger Mac w/ WW Dinner Roll(36)</i> Baby Carrots w/ Ranch(9) Pineapple Chunks and Juice (23) 1% White or FF Flavored Milk(19)</p> <p>7 750:1345:87</p> |
| <p><i>Chicken Fajita Sub on WG Bun(31)</i> Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p> <p>10 641:1153:97</p> | <p><i>Pizza Slice(34)</i> Baby Carrots w/ Ranch(9) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>11 658:1195:85</p> | <p><i>Turkey Chorizo Taco w/ WG Flatbread(30)</i> Tossed Salad with Ranch(2) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> <p>12 631:1119:70</p> | <p><i>WG Waffle Chicken Chunk w/ Roll</i> String Cheese (60)Fresh Broccoli & Ranch Dressing(4) Fresh Banana(23) 1% White or FF Flavored</p> <p>13 833:1150:106</p> | <p><i>Texas Chili w/ Cornbread(41)</i> Seasoned Corn(25) Fruit mix(17) 1% White or FF Flavored Milk(19)</p> <p>14 <i>Valentine's Day</i> 646:629:103</p> |
| <p>17 No School</p> | <p><i>Pizza Slice(34)</i> Baby Carrots w/ Ranch(9) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> <p>18 641:1195:81</p> | <p><i>Beef & Cheese Nachos w/ WG Corn Chips(35)</i> Romaine w/ Dressing(1) Fresh Orange(19) 1% White or FF Flavored Milk(19)</p> <p>19 767:1205:75</p> | <p><i>Chicken Strips w/ WG Goldfish Crackers(31)</i> Baked Green Beans(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>20 512:731:79</p> | <p><i>Meat Loaf w/ WW Dinner Roll(25)</i> Diced Potatoes(20) Fruit mix(17) 1% White or FF Flavored Milk(19)</p> <p>21 602:1017:81</p> |
| <p><i>BBQ Beef Rib Patty on WW Bun(35)</i> Seasoned Corn(25) Blueberries & 100% Juice (20) 1% White or FF Flavored Milk(19)</p> <p>24 632:1091:100</p> | <p><i>Pizza Slice(34)</i> Baby Carrots w/ Ranch(9) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>25 658:1195:85</p> | <p><i>Bf Soft Taco on WW Tortilla w/ WG</i> Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> <p>26 647:1166:78</p> | <p><i>Chicken Penne w/ WG Dinner Roll(34)</i> Baked Green Beans(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>27 565:730:82</p> | <p><i>Popcorn Chicken w/ WG Crackers(33)</i> Baked Beans(32) Orange Juice(15) 1% White or FF Flavored Milk(19)</p> <p>28 722:1116:99</p> |
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Happy Valentine's Day

Thought for Thought

Happiness is the harvest of a quiet eye. - Austin O'Malley

Tips & Information

BREAKFAST IS SERVED DAILY FROM 7:55 TO 8:15 TO ALL STUDENTS
Contact Laura Alvarado 313-843-9440

1/10/2020 9:12:46 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:658 AvgSod(mg):1091 AvgCarbs(g):86

"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.



****Menu Subject to Change****