



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>Meat Loaf w/ WW Dinner Roll(25)</b>  Diced Potatoes(20) Fruit mix(17) 1% White or FF Flavored Milk(19)
642:1397:91 <b>BBQ Beef Rib Patty on WW Bun(35)</b>  Seasoned Corn(25) Mixed Fruit Cup 1% White or FF Flavored Milk(19)	642:1397:91  <b>No School</b>	642:1397:91 <b>Beef Soft Taco on WW Tortillas w/ Spanish Brown Rice(63)</b>  Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	642:1397:91 <b>Chicken Penne w/ WG Dinner Roll(34)</b>  Baked Green Beans(6) Fresh Orange(19) 1% White or FF Flavored Milk(19)	1 642:1397:91 <b>Popcorn Chicken w/ WG Goldfish Crackers(33)</b>  Baked Beans(32) Fruit mix(17) 1% White or FF Flavored Milk(19)
4 592:1471:90 <b>Cheesburger Meatloaf on WW Bun (32)</b>  Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19)	5 80:760:20	6 824:1877:117 <b>Beef &amp; Cheese Nachos w/ WG Corn Chips(35)</b>  Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	7 596:1110:88 <b>Chicken &amp; Rice Casserole(38)</b>  Fresh Broccoli & Ranch Dressing(4) Fresh Orange(19) 1% White or FF Flavored Milk(19)	8 782:1506:111 <b>Texas Style Chicken Drumstick w/ WW Dinner Roll(22)</b>  Baked Beans(32) Fruit mix(17) 1% White or FF Flavored Milk(19)
11 650:1314:95 <b>Italian Meatball Sub on WG Bun(38)</b>  Baked Green Beans(6) Blueberries & 100% Juice (20) 1% White or FF Flavored Milk(19)	12 673:1557:89 <b>Pizza Slice(34)</b>  Baby Carrots w/ Ranch(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)	13 847:1648:90 <b>Turkey Chorizo Street Taco w/ WG Mini Flatbread(30)</b>  Mexican Pinto Beans(27) Fresh Banana(23) 1% White or FF Flavored Milk(19)	14 712:1429:91 <b>Baked Mostaccioli w/ WW Dinner Roll(39)</b>  Romaine w/ Dressing(1) Fresh Orange(19) 1% White or FF Flavored Milk(19)	15 672:1618:100 <b>Chicken Fries w/ BBQ Sauce and WG Goldfish(33)</b>  Sweet Baby Potatoes(10) Fruit mix(17) 1% White or FF Flavored Milk(19)
18 605:1273:94 <b>BBQ Meatloaf Sandwich on WW Bun(37)</b>  Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19)	19 673:1557:89 <b>Pizza Slice(34)</b>  Baby Carrots w/ Ranch(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)	20 727:1687:110 <b>Walking Taco w/ WG Corn Chips(21)</b>  Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	21 818:1127:89	22 613:1081:89
25 737:1751:112	26 673:1557:89	27 631:1289:75	28 80:760:20 <b>Thanksgiving Day</b>	29 80:760:20 <b>No School</b>



### Thought for Thought

### Tips & Information

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

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) In ( )  
AvgCals:810 AvgSod(mg):1383 AvgCarbs(g):185  
\*or.\* = An alternative selection to choose. \*WG\*=Whole Grain  
1% White & Fat Free Chocolate Milk available daily.

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

