

Cesar Chavez Academy Vernor



Monday	Tuesday	Wednesday	Thursday	Friday
Hot Philly Steak & Cheese Sub on WW Bun(33) Baked Beans(32) Fruit mix(17) 1% White or FF Flavored Milk(19)	Pizza Slice(32) Baby Carrots w/ Ranch(7) Pineapple Chunks and Juice (23) 1% White or FF Flavored Milk(19)	Chicken Soft Taco on Wheat Tortilla with WG Spanish Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Salisbury Steak w/ WG Dinner Roll(22) Diced Potatoes(20) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Chef Salad w/ WW Pita(36) Tossed Salad with Ranch(2) Diced Pears(14) 1% White or FF Flavored Milk(19)
2 717:1851:111	3 689:1557:93	4 795:1638:115	5 629:1311:90	6 733:1866:82
Turkey Burger on WG Bun(26) Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Pizza Slice(32) Fresh Broccoli & Ranch Dressing(4) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Turkey Chorizo & Cheese Nachos with WG Corn Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Meatballs & Gravy with WW Dinner Roll(22) Seasoned Corn(25) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Cheeseburger Mac w/ WW Dinner Roll(36) Baby Carrots w/ Ranch(7) Pineapple Tidbits(17) 1% White or FF Flavored Milk(19)
9 693:2033:102	10 666:1520:86	11 827:1570:91	12 591:1102:96	13 764:1708:89
Chicken Fajita Sub on WG Bun(31) Baked Beans(32) Fresh Grapes(9) 1% White or FF Flavored Milk(19)	Pizza Slice(32) Baby Carrots w/ Ranch(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Beef Soft Taco on WW Tortilla w/ Spanish Brown Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	WG Waffle Breaded Chicken Chunks (55) Fresh Broccoli & Ranch Dressing(4) Fruit mix(17) 1% White or FF Flavored Milk(19)	Texas Chili w/ Cornbread(21) Seasoned Corn(25) Diced Pears(14) 1% White or FF Flavored Milk(19)
16 662:1527:102	17 673:1557:89	18 826:1888:118	19 834:1418:105	20 676:999:110
23 No School 80:760:20	24 No School 80:760:20	25 Happy Holidays! 80:760:20	26 No School 80:760:20	27 No School 80:760:20
30 No School 80:760:20	31 No School 80:760:20	40:380:10	40:380:10	40:380:10



Thought for Thought

The successful man is the one who finds out what is the matter with his business before his competitors do. - Roy L. Smith

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:458 AvgSod(mg):1200 AvgCarbs(g):65

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



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