




Monday	Tuesday	Wednesday	Thursday	Friday
<p>80:760:20</p> <p>Cheeseburger Meatloaf on WW Bun (32) Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p>	<p>80:760:20</p> <p>Pizza Slice(34) Baby Carrots w/ Ranch(9) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p>	<p>1</p>  <p>Beef & Cheese Nachos w/ WG Corn Chips(35) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>2</p> <p>No School 80:760:20</p> <p>Chicken & Rice Casserole(38) Fresh Broccoli & Ranch Dressing(4) Diced Strawberries and 100% Juice (19) 1% White or FF Flavored</p>	<p>3</p> <p>No School 80:760:20</p> <p>Texas Style Chicken Drumstick w/ WW Baked Beans(32) Fruit mix(17) 1% White or FF Flavored Milk(19)</p>
<p>6 650:1314:95</p> <p>Italian Meatball Sub on WG Bun(38) Baked Green Beans(6) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p>	<p>7 681:1575:91</p> <p>Pizza Slice(34) Baby Carrots w/ Ranch(9) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>8 817:1591:89</p> <p>Turkey Chorizo Street Taco w/ WG Mini Mexican Pinto Beans(27) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p>	<p>9 712:1429:92</p> <p>Baked Mostaccioli w/ WW Dinner Roll (39) Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>10 672:1616:100</p> <p>Chicken Fries w/ BBQ Sauce and WG Sweet Baby Peas(10) Orange Juice(15) 1% White or FF Flavored Milk(19)</p>
<p>13 579:1196:88</p> <p>BBQ Meatloaf Sandwich on WW Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p>	<p>14 698:1575:95</p> <p>Pizza Slice(34) Baby Carrots w/ Ranch(9) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p>	<p>15 710:1667:106</p> <p>Walking Taco w/ WG Corn Chips(21) Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>16 822:1127:93</p> <p>Asian Chicken w/ Brown Rice and WW Stir Fry Vegetables (9) Pineapple Tibits Cup (13) 1% White or FF Flavored Milk(19)</p>	<p>17 613:1071:87</p>
<p>20 MLK Day 737:1751:112</p> <p>All-American Hamburger on WW Baked Beans(32) Fruit mix(17) 1% White or FF Flavored Milk(19)</p>	<p>21 681:1575:91</p> <p>Pizza Slice(34) Baby Carrots w/ Ranch(9) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>22 626:1269:75</p> <p>Chicken Soft Taco on Wheat Tortilla with WG Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p>	<p>23 654:1124:108</p> <p>Salisbury Steak w/ WG Dinner Roll(22) Diced Potatoes(20) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>24 No School 80:760:20</p> <p>Chef Salad w/ WW Pita(36) Tossed Salad with Ranch(2) Fresh Orange(19) 1% White or FF Flavored Milk(19)</p>
<p>27 762:1874:108</p>	<p>28 698:1575:95</p>	<p>29 658:1307:86</p>	<p>30 638:1311:94</p>	<p>31 756:1862:86</p>



Thought for Thought

Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born. - Dr. Dale Turner

Tips & Information

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

12/12/2019 8:10:30 AM
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:545 AvgSod(mg):1294 AvgCarbs(g):76

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



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