



Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Apple Frudel (37)</p> <p>Orange Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)</p> <p>382:430:66</p>	<p>Dannon Nonfat Creamy Yogurt (14)</p> <p>Cinnamon Granola(21) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>384:305:68</p>	<p>Egg & Cheese on WG English Muffin(24)</p> <p>Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>471:530:76</p>	<p>WG Cinnabar (45)</p> <p>Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)</p> <p>532:400:93</p>
<p>Cinnamon Toast Crunch Cereal(22)</p> <p>Animal Grahams(20) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)</p> <p>402:415:71</p>	<p>Apple Frudel (37)</p> <p>Orange Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)</p> <p>382:430:66</p>	<p>WG Bagel(30)</p> <p>Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>504:500:63</p>	<p>Egg & Cheese on WG English Muffin(24)</p> <p>Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>471:530:76</p>	<p>WG Raspberry Bar (45)</p> <p>Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)</p> <p>532:400:93</p>
<p>Frosted Flakes(25)</p> <p>Mini Vanilla Wafers(19) Apple Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)</p> <p>482:385:86</p>	<p>Mini Cinnis (39)</p> <p>Orange Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)</p> <p>412:410:68</p>	<p>Dannon Nonfat Creamy Yogurt (14)</p> <p>Cinnamon Granola(21) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>384:305:68</p>	<p>Mini Blueberry Pancakes (35)</p> <p>Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>471:450:87</p>	<p>WG Apple Roll (35)</p> <p>Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)</p> <p>452:370:83</p>
<p>Trix Cereal(24)</p> <p>Animal Grahams(20) Diced Pear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>402:395:73</p>	<p>Egg & Cheese on WG English Muffin(24)</p> <p>Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)</p> <p>382:530:53</p>	<p>WG Bagel(30)</p> <p>Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>504:500:63</p>	<p>Apple Frudel (37)</p> <p>Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>471:430:89</p>	<p>WG Goody Bun (34)</p> <p>Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)</p> <p>492:390:82</p>
<p>Golden Grahams(24)</p> <p>Animal Grahams(20) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)</p> <p>402:475:73</p>	<p>Mini Chocolate Chip French Toast(35)</p> <p>Orange Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)</p> <p>452:450:77</p>	<p>Dannon Nonfat Creamy Yogurt (14)</p> <p>Cinnamon Granola(21) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>384:305:68</p>	<p>Mini Cinnis (39)</p> <p>Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>501:410:91</p> <p>Happy Halloween!</p>	<p>382:430:66</p>



Thought for Thought

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Tips & Information

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

9/26/2019 1:13:17 PM
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:440 AvgSod(mg):424 AvgCarbs(g):74
"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.

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

