



Monday

Tuesday

Wednesday

Thursday

Friday

<p>633:1177:79</p>	<p>Pizza Slice(34) Baby Carrots w/ Ranch(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> <p>633:1177:79 1</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>591:889:65 2</p>	<p>Beef Hot Dog on WW Bun(22) Stir Fry Vegetables (9) Pineapple Tidbits(25) 1% White or FF Flavored Milk(19)</p> <p>649:744:110 3</p>	<p>Chicken in Gravy w/ WW Dinner Roll(16) Mashed Potato(22) Fresh Orange(19) 1% White or FF Flavored Milk(19)</p> <p>514:1007:77 4</p>
<p>Hot Philly Steak & Cheese Sub on WW Bun(33) Baked Beans(32) Fruit mix(17) 1% White or FF Flavored Milk(19)</p> <p>675:1460:101 7</p>	<p>Pizza Slice(34) Baby Carrots w/ Ranch(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> <p>633:1177:79 8</p>	<p>Chicken Soft Taco on Wheat Tortilla with WG Spanish Dressing(1) Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>755:1258:105 9</p>	<p>Salisbury Steak w/ WG Dinner Roll(22) Diced Potatoes(20) Blueberries & 100% Juice (20) 1% White or FF Flavored Milk(19)</p> <p>589:931:81 10</p>	<p>Beef Sloppy Joe on WW Bun(34) Tossed Salad with Ranch(2) Diced Pears(14) 1% White or FF Flavored Milk(19)</p> <p>693:1486:72 11</p>
<p>Turkey Burger on WG Bun(26) Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p> <p>653:1653:92 14</p>	<p>Pizza Slice(34) Fresh Broccoli & Ranch Dressing(4) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> <p>626:1140:76 15</p>	<p>Turkey Chorizo & Cheese Nachos with WG Corn Chips(36) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>787:1190:81 16</p>	<p>Meatballs & Gravy with WW Dinner Roll(22) Seasoned Corn(25) Fresh Orange(19) 1% White or FF Flavored Milk(19)</p> <p>551:811:86 17</p>	<p>Chicken Nuggets w/ Goldfish Crackers(30) Baby Carrots w/ Ranch(7) Pineapple Tidbits(25) 1% White or FF Flavored Milk(19)</p> <p>819:1357:89 18</p>
<p>Beef Hot Dog on WW Bun(22) Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p> <p>628:1328:98 21</p>	<p>Pizza Slice(34) Baby Carrots w/ Ranch(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> <p>633:1177:79 22</p>	<p>Beef Soft Taco on WW Tortilla w/ Spanish Brown Rice(63) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>786:1508:108 23</p>	<p>WG Waffle Breaded Chicken Chunks (57) Fresh Broccoli & Ranch Dressing(4) Strawberry,Pineapple,Grape,Peach Fruit Mix & Fresh Juice (18) 1% White or FF Flavored Milk(19)</p> <p>855:1121:99 24</p>	<p>Texas Chili w/ Cornbread(41) Seasoned Corn(25) Diced Pears(14) 1% White or FF Flavored Milk(19)</p> <p>636:619:100 25</p>
<p>Breaded Chicken Patty on WW Bun(40) Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p> <p>725:1512:105 28</p>	<p>Pizza Slice(34) Baby Carrots w/ Ranch(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> <p>633:1177:79 29</p>	<p>Beef & Cheese Nachos w/ WG Corn Chips(35) Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>804:1257:79 30</p>	<p>Chicken Strips w/ WG Goldfish Crackers(31) Baked Green Beans(6) Fresh Orange(19) 1% White or FF Flavored Milk(19)</p> <p>503:731:75 31</p> <p>Happy Halloween!</p>	<p>633:1177:79</p>



Thought for Thought

Tips & Information

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

9/26/2019 1:13:01 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:665 AvgSod(mg):1162 AvgCarbs(g):86

"or:" = An alternative selection to choose. "WG"=Whole Grain

1% White & Fat Free Chocolate Milk available daily.

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

