



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 819:1466:107 | 819:1466:107 | 1 819:1466:107 | 2 589:844:84 | 3 618:1079:79 |
| Classic Cheeseburger on WW Bun(29) Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19) | Pizza Slice(34) Baby Carrots w/ Ranch(10) Diced Pears(14) 1% White or FF Flavored Milk(19) | Turkey Chorizo-Taco w/ WG Flatbread(30) Tossed Salad with Ranch(3) Fresh Apple(19) 1% White or FF Flavored Milk(19) | Meatballs & Gravy with WW Dinner Diced Potatoes(20) Fresh Banana(23) 1% White or FF Flavored Milk(19) | Cheeseburger Mac w/ WW Dinner Roll(36) Savory Carrots Colne(7) Pineapple Tidbits(17) 1% White or FF Flavored Milk(19) |
| 6 762:1664:95 | 7 619:1195:77 | 8 631:1119:71 | 9 833:1150:107 | 10 646:629:103 |
| Chicken Fajita Sub on WG Bun(31) Baked Beans(32) Pineapple Chunks and Juice (23) 1% White or FF Flavored Milk(19) | Pizza Slice(34) Baby Carrots w/ Ranch(10) Fresh Apple(19) 1% White or FF Flavored Milk(19) | Beef & Cheese Nachos w/ WG Corn Chips(35) Romaine w/ Dressing(2) Fresh Orange(19) 1% White or FF Flavored Milk(19) | Chicken Strips w/ WG Goldfish Crackers(31) Baked Green Beans(6) Fresh Banana(23) 1% White or FF Flavored Milk(19) | Meat Loaf w/ WW Dinner Roll(25) Diced Potatoes(20) Fruit mtk(17) 1% White or FF Flavored Milk(19) |
| 13 676:1147:106 | 14 641:1195:82 | 15 767:1205:76 | 16 512:731:79 | 17 602:1017:81 |
| BBQ Beef Rib Patty on WW Bun(35) Seasoned Corn(25) Diced Peaches(14) 1% White or FF Flavored Milk(19) | Pizza Slice(34) Baby Carrots w/ Ranch(10) Pineapple Tidbits(17) 1% White or FF Flavored Milk(19) | Bf Soft Taco on WW Tortilla w/ WG Romaine w/ Dressing(2) Fresh Apple(19) 1% White or FF Flavored Milk(19) | Chicken Penne w/ WG Dinner Roll(34) Baked Green Beans(6) Fresh Banana(23) 1% White or FF Flavored Milk(19) | Chicken in Gravy w/ WW Dinner Roll(16) Mashed Potato(22) Mango Chunks and Juice (25) 1% White or FF Flavored Milk(19) |
| 20 605:1097:94 | 21 639:1195:80 | 22 647:1166:79 | 23 565:730:82 | 24 530:1007:83 |
| Cheeseburger Meatloaf on WW Bun (32) Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19) | Pizza Slice(34) Baby Carrots w/ Ranch(10) Fresh Apple(19) 1% White or FF Flavored Milk(19) | All-American Hamburger on WW Tossed Salad with Ranch(3) Fresh Orange(19) 1% White or FF Flavored Milk(19) | Chicken & Rice Casserole(38) Fresh Broccoli & Ranch Dressing(5) Fresh Banana(23) 1% White or FF Flavored Milk(19) | |
| 27 610:934:85 | 28 641:1195:82 | 29 694:1204:70 | 30 681:1049:86 | 819:1466:107 |



Thought for Thought
The man who never alters his opinions is like standing water, and breeds reptiles of the mind. - William Blake

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

3/8/2020 1:44:54 PM
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:571 AvgSod(mg):1136 AvgCarbs(g):188

or, = An alternative selection to choose. *WG*=Whole Grain
1% White & Fat Free Chocolate Milk available daily.
VARIETY
Food Services
Menu Subject to Change