


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Student Meal \$2.00</b> <b>Reduced Meal \$ .25</b> <b>Adult Meal \$3.08</b> + tax  Debra Donleavy, MI Food Service Director 794-8840 x 10970  Menu Subject to Change	<b>Reminder:</b> <b>Have your Lunch Applications Submitted by October 1.</b>	  Sign up today for your My Nutri Kids.com	<b>NO SCHOOL</b>	1	
<b>NO SCHOOL</b>	<b>Baked Chicken Nuggets</b> Whole Grain battered Chicken Nuggets <b>OR</b> <b>Chicken Caesar Salad</b> Diced Chicken served over Romaine Lettuce with Croutons Green Beans Fresh Apples Milk	<b>BBQ Chicken Sandwich</b> Diced Chicken cooked in fresh made BBQ sauce on a Whole Wheat Roll <b>OR</b> <b>American Hero</b> Turkey, Salami and American Cheese on a Whole Wheat Roll Side Salad Fresh Fruit Milk	<b>Hot Dog Bar</b> Turkey or Beef Hot Dog served on a Whole Wheat Roll <b>OR</b> <b>Turkey Sandwich</b> Sliced Deli Turkey with Lettuce on Whole Wheat Bread Yellow Corn Mixed Fruit Milk	<b>Pizza</b> Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese <b>OR</b> <b>Turkey Ham &amp; Swiss on a Whole Wheat Roll</b> served with a Garden Salad Pears Milk	5 6 7 8 9
<b>Fish Nuggets</b> Baked Pollock Nuggets served with tartar sauce on a Whole Wheat Roll <b>OR</b> <b>Ham &amp; Swiss Sandwich</b> Sautéed Winter Squash Fresh Apples Milk	<b>Cowboy Burger</b> Beef Hamburger topped with Cheddar Cheese on a Whole Wheat Bun <b>OR</b> <b>Egg Salad Wrap</b> On whole wheat lettuce, tomato Bean Salad Applesauce Milk	<b>Ham &amp; Cheddar Griller</b> Ham & Cheddar or Turkey Ham & Cheddar toasted on a Whole Wheat Bun <b>OR</b> <b>Turkey &amp; American Sandwich</b> Sweet Potato Sticks Pears Milk	<b>Super Nachos</b> Turkey Taco Meat served over Corn Tortilla Chips with Salsa and Cheese <b>OR</b> <b>Yogurt Parfait</b> Low-fat Yogurt topped with Blueberries Green Beans Petite Banana Milk	<b>Pizza</b> Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese <b>OR</b> <b>Ham &amp; Provolone Wrap</b> served with Green Salad Mixed Fruit Milk	12 13 14 15 16
<b>Brunch for Lunch</b> Egg & Cheese with Turkey Sausage Patty on a Whole Wheat Roll <b>OR</b> <b>Chef's Salad</b> Ham, American, Sliced Egg & Bread Stick on Salad Greens Potatoes Applesauce Milk	<b>Mozzarella Sticks</b> Baked Mozzarella Sticks served with Marinara Sauce <b>OR</b> <b>Italian Hero</b> Turkey Ham, Salami, & Mozzarella Cheese on a Whole Wheat Roll Lettuce, Tomato Corn Niblets Orange Milk	<b>Meatballs &amp; Pasta</b> Beef Meatballs served with Tomato Sauce served over Whole Wheat Pasta <b>OR</b> <b>Chicken Salad</b> Served over Salad Greens Sweet Peas Peaches Milk	<b>Twin Tacos</b> Turkey Taco Meat served with Flour or Corn Tortillas <b>OR</b> <b>Turkey Ham &amp; Cheese Sandwich</b> Served on a Whole Wheat roll Cucumber Rounds Fresh Plum Milk	<b>OR</b> <b>Tuna fish</b> on a Whole Wheat Bun served with a Side Salad Applesauce Milk	19 20 21 22 23
<b>Chicken Patty</b> Baked Chicken Patty On a Bun BBQ Sauce <b>OR</b> <b>Stacked Turkey Wrap</b> Sliced Turkey with Lettuce Tomato Baked Beans Mixed Fruit Cup Milk	<b>Baked Mac n Cheese</b> Whole Wheat Pasta tossed with a fresh made Broccoli Cheddar Sauce <b>OR</b> <b>Turkey Bologna Hero</b> Served on a Whole Wheat Roll Carrots Yellow Apple Milk	<b>Pizza</b> Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese <b>OR</b> <b>Italian Hero</b> Ham, Salami, Provolone Cheese on a Whole Wheat Roll Pears, Milk	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	26 27 28 29 30