


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Chicken Fajita</b> <sup>3</sup> Seasoned Chicken Strips folded into a Flour Tortilla with Peppers &amp; Onions <b>OR</b> <b>Tuna Salad Sandwich</b> Tuna tossed with celery, onion &amp; mayonnaise on Whole Wheat Bread Green Beans Chilled Pears Milk</p>	<p><b>BBQ Rib Sandwich</b> <sup>4</sup> BBQ Beef Patty on a Whole Wheat Roll <b>OR</b> <b>Salami &amp; American Wrap</b> Deli Salami &amp; American in a Flour Tortilla Yellow Corn Fresh Apples Milk</p>	<p><b>Chicken &amp; Vegetables</b> <sup>5</sup> Sautéed Chicken with Broccoli, Carrots &amp; Celery over Brown Rice <b>OR</b> <b>Yogurt Parfait</b> Low Fat Yogurt layered with Peaches Steamed Peas Florida Oranges Milk</p>	<p><b>Pizza</b> <sup>6</sup> Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese <b>OR</b> <b>Turkey Ham &amp; Swiss on a Whole Wheat Roll</b> Sliced Ham &amp; Swiss stacked on a Whole Wheat served with a Garden Salad Fresh Fruit Milk</p>	<p><b>NO SCHOOL</b> <sup>7</sup></p>
<p><b>NO SCHOOL</b> <sup>10</sup></p>	<p><b>Baked Chicken Nuggets</b> <sup>11</sup> Whole Grain battered Chicken Nuggets <b>OR</b> <b>Turkey Bologna &amp; American Cheese Sandwich</b> Deli Bologna &amp; American Cheese on Whole Wheat Sliced Bread Steamed Carrots Pineapple Tidbits Milk</p>	<p><b>Hot Dog Bar</b> <sup>12</sup> Turkey or Beef Hot Dog served on a Whole Wheat Roll with Fixings Onions, Sauerkraut <b>OR</b> <b>Chicken Caesar Salad</b> Diced Chicken served over Romaine &amp; shredded Carrots with Croutons Green Beans Fresh Apples Milk</p>	<p><b>Twin Tacos</b> <sup>13</sup> Beef Taco Meat served with Flour or Corn Tortillas served with Salsa <b>OR</b> <b>Turkey Ham &amp; Cheese Sandwich</b> Deli Turkey Ham &amp; Swiss Cheese Served on a Whole Wheat roll Cucumber Rounds Fresh Pears Milk</p>	<p><b>Pizza</b> <sup>14</sup> Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese <b>OR</b> <b>Ham &amp; Provolone Wrap</b> Deli Ham &amp; Provolone Cheese in a Flour Tortilla with Lettuce &amp; Tomato served with a Garden Salad Assorted Fruit Milk</p>
<p><b>BBQ Chicken Sandwich</b> <sup>17</sup> 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</p>	<p><b>Pizza Burger</b> <sup>18</sup> Beef Hamburger topped with Mozzarella Cheese and Marinara Sauce on a Whole Wheat Bun <b>OR</b> <b>Egg Salad Wrap</b> Fresh Egg Salad in a Flour Tortilla lettuce, tomato Bean Salad Applesauce Milk</p>	<p><b>Ham &amp; Cheddar Griller</b> <sup>19</sup> Ham &amp; Cheddar or Turkey Ham &amp; Cheddar toasted on a Whole Wheat Bun <b>OR</b> <b>Turkey &amp; American Sandwich</b> Deli sliced Turkey &amp; Cheese on Whole Wheat Sweet Potato Sticks Pears Milk</p>	<p><b>Roasted Turkey Dinner</b> <sup>20</sup> Sliced Turkey with Mashed Potato, Stuffing &amp; Gravy <b>OR</b> <b>Yogurt Parfait</b> Low-fat Yogurt topped with Blueberries Dinner Roll Green Beans Cranberry Sauce Petite Banana Milk</p>	<p><b>Pizza</b> <sup>21</sup> Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese <b>OR</b> <b>Ham &amp; Provolone Wrap</b> Stacked Ham &amp; Provolone in a Flour Tortilla served with Side Salad Mixed Fruit Milk</p>
<p><b>Chicken Patty</b> <sup>24</sup> Baked Chicken Patty served on a Whole Wheat Roll <b>OR</b> <b>Chef's Salad</b> Ham, American, Sliced Egg &amp; Bread Stick on Salad Greens Potatoes Applesauce Milk</p>	<p><b>Beef-A-Roni</b> <sup>25</sup> Whole Wheat Pasta tossed with Meat Sauce &amp; topped with Cheddar Cheese <b>OR</b> <b>Italian Hero</b> Turkey Ham, Salami, &amp; Mozzarella Cheese on a Whole Wheat Roll Corn Niblets Orange Milk</p>	<p><b>Chicken Quesadilla</b> <sup>26</sup> Cheddar &amp; Seasoned Diced Chicken folded in a Flour Tortilla <b>OR</b> <b>Ham &amp; Swiss Sandwich</b> Sliced Ham &amp; Swiss on Whole Wheat Bread Sautéed Winter Squash Fresh Apples Milk</p>	<p><b>Super Nachos</b> <sup>27</sup> Turkey Taco Meat served with Corn Tortilla Chips with Salsa and Cheese <b>OR</b> <b>Turkey Sandwich</b> Sliced Deli Turkey with Lettuce on Whole Wheat Bread Blue Lake Green Beans Mixed Fruit Milk</p>	<p><b>Pizza</b> <sup>28</sup> Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese <b>OR</b> <b>Tuna fish</b> on a Whole Wheat Bun served with a Garden Salad Applesauce Milk</p>
<p><b>Chicken Cordon Bleu</b> <sup>31</sup> Baked Chicken topped with Swiss cheese &amp; Sliced Ham on a Whole Wheat Roll <b>OR</b> <b>Stacked Turkey Wrap</b> Sliced Turkey with Lettuce &amp; Tomato Steamed Broccoli Mixed Fruit Cup Milk</p>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Reminder:</b> Applications for Free or Reduced Meal Prices are available on-line &amp; at each school building</p> </div>			
				<p><b>Student Meal \$2.25</b> <b>Reduced Meal \$ .25</b> <b>Adult Meal \$3.08</b> <b>+ tax</b></p> <p>Debra Donleavy, MI Food Service Director 794-8840 x 10970</p> <p>Menu Subject to Change</p>
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# Weekly Specials

	<u>Heroes</u>	<u>Salad</u>	<u>Hot Entrée</u>	<u>Pizza</u>
<b>Monday</b>	Heroes contain 3 oz of Meat <u>Turkey &amp; American</u> Roasted Deli Turkey served on a Whole Wheat Club Roll with Lettuce & Tomato	Salads are served with Bread Sticks <u>Tuna Fish Plate</u> Tuna Fish tossed with Celery, Onion, Green Peppers and mayonnaise served over Romaine Lettuce	Hot Entrees are served with Milk & Fruit <u>Chili &amp; Cheese</u> Fresh Ground Beef sautéed with Peppers, Onion and Celery simmered with Beans and Tomatoes	Topped with 1oz additional Vegetables <u>Garden Pizza</u> Whole Wheat Pizza topped with Fresh seasonal garden vegetables,
<b>Tuesday</b>	<u>American Sub</u> Ham, Turkey, Salami & American Cheese layered on a Whole Wheat Club with Lettuce & Tomato	<u>Chef's Salad</u> Ham, Turkey, and American Pinwheels with Sliced Egg served over Salad Greens	<u>Buffalo Chicken Burrito</u> Diced Chicken, Beans, Brown Rice & Shredded Cheddar tossed with Hot Sauce in a Flour Tortilla	<u>Mediterranean</u> Whole Wheat Pizza topped with Fresh Basil & Red Roasted Peppers
<b>Wednesday</b>	<u>Ham &amp; Provolone</u> Baked Ham & Provolone Cheese layered on a Whole Wheat Club with Lettuce & Tomato	<u>Egg Salad Plate</u> Diced Egg tossed with Celery & Onion blended with a Mustard Mayonnaise served over Romaine Lettuce	<u>Twin Tacos</u> Taco Seasoned Beef served on Flour or Corn Tortillas with a side of Lettuce, Tomato and Shredded Cheddar Cheese	<u>South of the Border</u> Whole Wheat Pizza topped with Fresh Peppers, Cilantro & Red Onions
<b>Thursday</b>	<u>Turkey Bologna &amp; American</u> Sliced Turkey Ham & American Cheese layered on a Whole Wheat Club with Lettuce & Tomato	<u>Fresh Vegetable Toss</u> Fresh Broccoli, Cauliflower, Sliced Carrots and seasonal vegetables over a bed of Crisp Lettuce	<u>Turkey burger</u> Jenni-O Turkey Burger served on a Whole Wheat Bun	<u>Mushroom</u> Whole Wheat Pizza topped with sliced Mushrooms
<b>Friday</b>	<u>Grilled Vegetable Wrap</u> Fresh Broccoli, Cauliflower, Sliced Carrots and seasonal vegetables	<u>Chicken Salad Plate</u> Tuna Fish tossed with Celery, Onion, Green Peppers and mayonnaise served over Romaine Lettuce	<u>Egg &amp; Cheese Burrito</u> Diced Chicken, Beans, Brown Rice & Shredded Cheddar tossed with Hot Sauce in a Flour Tortilla	<u>Philly</u> Whole Wheat Pizza topped with Fresh Bell Peppers & Onions