


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Student Meal \$2.25 Reduced Meal \$.25 Adult Meal \$3.08 + tax Debra Donleavy, MI Food Service Director 794-8840 x 10970 Menu Subject to Change	Reminder: Have your Lunch Applications Submitted by October 1.	 Sign up today for your My Nutri Kids.com		1 NO SCHOOL
5 NO SCHOOL	6 Baked Chicken Nuggets Whole Grain battered Chicken Nuggets OR Chicken Caesar Salad Diced Chicken served over Romaine Lettuce with Croutons Green Beans Fresh Apples Milk	7 BBQ Chicken Sandwich Diced Chicken cooked in fresh made BBQ sauce on a Whole Wheat Roll OR American Hero Turkey, Salami and American Cheese on a Whole Wheat Roll Side Salad Fresh Fruit Milk	8 Hot Dog Bar Turkey or Beef Hot Dog served on a Whole Wheat Roll OR Turkey Sandwich Sliced Deli Turkey with Lettuce on Whole Wheat Bread Yellow Corn Mixed Fruit Milk	9 Pizza Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese OR Turkey Ham & Swiss on a Whole Wheat Roll served with a Garden Salad Pears Milk
12 Fish Nuggets Baked Pollock Nuggets served with tartar sauce on a Whole Wheat Roll OR Ham & Swiss Sandwich Sautéed Winter Squash Fresh Apples Milk	13 Cowboy Burger Beef Hamburger topped with Cheddar Cheese on a Whole Wheat Bun OR Egg Salad Wrap On whole wheat lettuce, tomato Bean Salad Applesauce Milk	14 Ham & Cheddar Griller Ham & Cheddar or Turkey Ham & Cheddar toasted on a Whole Wheat Bun OR Turkey & American Sandwich Sweet Potato Sticks Pears Milk	15 Super Nachos Turkey Taco Meat served over Corn Tortilla Chips with Salsa and Cheese OR Yogurt Parfait Low-fat Yogurt topped with Blueberries Green Beans Petite Banana Milk	16 Pizza Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese OR Ham & Provolone Wrap served with Green Salad Mixed Fruit Milk
19 Brunch for Lunch Egg & Cheese with Turkey Sausage Patty on a Whole Wheat Roll OR Chef's Salad Ham, American, Sliced Egg & Bread Stick on Salad Greens Potatoes Applesauce Milk	20 Mozzarella Sticks Baked Mozzarella Sticks served with Marinara Sauce OR Italian Hero Turkey Ham, Salami, & Mozzarella Cheese on a Whole Wheat Roll Lettuce, Tomato Corn Niblets Orange Milk	21 Meatballs & Pasta Beef Meatballs served with Tomato Sauce served over Whole Wheat Pasta OR Chicken Salad Served over Salad Greens Sweet Peas Peaches Milk	22 Twin Tacos Turkey Taco Meat served with Flour or Corn Tortillas OR Turkey Ham & Cheese Sandwich Served on a Whole Wheat roll Cucumber Rounds Fresh Plum Milk	23 OR Tuna fish on a Whole Wheat Bun served with a Side Salad Applesauce Milk
26 Chicken Patty Baked Chicken Patty On a Bun BBQ Sauce OR Stacked Turkey Wrap Sliced Turkey with Lettuce Tomato Baked Beans Mixed Fruit Cup Milk	27 Baked Mac n Cheese Whole Wheat Pasta tossed with a fresh made Broccoli Cheddar Sauce OR Turkey Bologna Hero Served on a Whole Wheat Roll Carrots Yellow Apple Milk	28 Pizza Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese OR Italian Hero Ham, Salami, Provolone Cheese on a Whole Wheat Roll Pears, Milk	29 NO SCHOOL	30 NO SCHOOL

Weekly Specials

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