

# September 2024

Middle School  
High School

This institution is an equal  
opportunity provider.  
Menus are subject  
to change.

## Breakfast Menu

Monday - Breakfast Pizza  
Tuesday - Waffles with Syrup  
Wednesday - Whole Wheat English Muffin with  
Egg, Ham and Cheese  
Thursday - French Toast Tornado  
Friday - Apple Cinnamon Muffin with Yogurt

Fresh Fruit and Low Fat Milk offered with all  
Breakfast

## Salad Menu

Monday - Ham/Cheese Chef Salad  
with a Dinner Roll  
Tuesday - Chicken Caesar Salad with Pita Chips  
Wednesday - Harvest Spinach and Apple Chicken  
Salad with Corn Bread  
Thursday - Crispy Asian Chicken Salad  
Friday - Cobb Salad with Sun Chips

All salads are made fresh daily  
by Cafeteria Staff.

We're SO GLAD to see you!

It's going to be a

# GREAT YEAR

and we can't wait  
to serve your meals!

Thursday, Sept 5

### Dress your own Hotdog

Hot Dog on a Wheat Roll  
♥Michigan Sauce  
Ketchup, Mustard, Relish  
Diced Onion  
Tator Tots  
Sweet Corn  
Tossed Salad  
Low Fat  
Salad Dressing  
Banana  
Low Fat Milk

Friday, Sept 6

### Stuffed Crust Pizza

Pepperoni, Cheese  
Cook's Specialty Pizza  
♥Pasta Salad with Fresh  
Vegetables  
Steamed Broccoli  
Tossed Salad  
Low Fat Salad Dressing  
Chilled Mixed Fruit  
Low Fat Milk

## From the Deli

Monday-Ham and Cheese on Wheat Bread  
Tuesday-Mediterranean Sandwich  
on a Pita Bread  
Wednesday-Turkey and Cheese on Wheat Bread  
Thursday-Italian Ham Wrap with  
Cream Cheese and Banana Peppers  
Friday-Tuna Salad on a Boat

All Sandwiches are made fresh daily  
by Cafeteria Staff.

Monday, Sept 9

Chicken Strips  
♥Loaded Lo Mein  
Green Beans  
BBQ Sauce  
Tossed Salad  
Low Fat Salad Dressing  
Chilled Applesauce  
Low Fat Milk

Tuesday, Sept 10

### Build Your Own Burger

Cheeseburger  
Wheat Roll  
♥Eagle Sauce  
Shredded Lettuce  
Tomato/Onion  
Baby Carrots  
Baked French Fries  
Tossed Salad  
Low Fat  
Salad Dressing  
Chilled Peaches  
Low Fat Milk

Wednesday, Sept 11

### Macho Nachos

Tortilla Chips  
Seasoned Meat  
Shredded Lettuce  
Cheese/Tomato/Salsa  
♥Baked Beans with a  
Kick  
Tossed Salad  
Low Fat Salad Dressing  
Chilled Pears  
Low Fat Milk

Thursday, Sept 12

### Italian Pasta Feast

♥Chicken Alfredo over  
Whole Wheat Rotini  
Sweet Corn  
Garlic Roll  
♥Broccoli Slaw  
Tossed Salad  
Low Fat Salad Dressing  
Banana  
Fat Free Milk

Friday, September 13

### Stuffed Crust Pizza

Pepperoni, Cheese  
Cook's Specialty Pizza  
♥Sweet and Savory  
Noodle Salad  
Steamed Broccoli  
Tossed Salad  
Low Fat Salad Dressing  
Chilled Mixed Fruit  
Low Fat Milk

## Yogurt Parfaits

Monday - Berry Berry Fruity Yogurt Parfait  
Tuesday - Strawberry Blueberry  
Wednesday - Strawberry Shortcake Parfait  
Thursday - Banana Split  
Friday - Berry Berry  
♥12 oz Granola served with parfaits

All Parfaits are made fresh daily  
by Cafeteria Staff.

# Did you know

School meal applications can help families and schools with:

Band instruments   **Grocery benefits**  
 Technology funding   **Athletics**  
 Discounted utilities & internet access   School budget funding  
 College application fees   Fee waivers for SATs & ACTs  
 Classroom resources   Textbooks

**Apply today!**

## Afternoon Snack Menu

Monday - Gold Fish Crackers and 6oz. Juice  
 Tuesday - Granola Bar and 6oz. Juice  
 Wednesday - Macintosh Apple and Cereal Bar  
 Thursday - Pretzel and 6oz. Juice  
 Friday - Orange and Cinnamon Bar

Snacks are provided at no cost to all students after lunch is completed. Snack menu follow the same component regulations as Breakfast and Lunch.

## Nutrition Nuggets

### What does our Tossed Salad look like?

Our Tossed Salad is offered daily on each line. It includes several fresh vegetables and fruits. It looks like a salad bar. We keep it on the serving line to keep a watchful eye on it for food safety.

**Soup Menu**—We will begin offering our made from scratch soup October 1st.

### Monday, Sept 16

Baked Chicken Nuggets  
 ♥Savory Rice with Vegetables  
 BBQ Sauce  
 Green Beans  
 Tossed Salad  
 Low Fat Salad Dressing  
 Chilled Applesauce

### Tuesday, Sept 17

**Dress your own Hotdog**  
 Hot Dog on a Wheat Roll  
 ♥Michigan Sauce  
 Ketchup, Mustard, Relish  
 Diced Onion  
 Tator Tots  
 Baby Carrots  
 Tossed Salad  
 Low Fat Salad Dressing  
 Chilled Peaches  
 Low Fat Milk

### Wednesday, Sept 18

**Taco Bar**  
 Soft or Crunchy Shells  
 Seasoned Meat  
 Shredded Lettuce  
 Cheddar Cheese/Salsa  
 ♥Pinto Beans with Salsa  
 ♥Broccoli Slaw  
 Low Fat Salad Dressing  
 Chilled Pears  
 Low Fat Milk

### Thursday, Sept 19

♥Chicken Pot Pie  
 With Fresh Baked Biscuit  
 Sweet Corn  
 Tossed Salad  
 Low Fat Salad Dressing  
 Banana  
 Low Fat Milk

### Friday, Sept 20

**Stuffed Crust Pizza**  
 Pepperoni, Cheese  
 Cook's Specialty Pizza  
 ♥Italian Tortellini Salad  
 Steamed Broccoli  
 Tossed Salad  
 Low Fat Salad Dressing  
 Chilled Mixed Fruit  
 Low Fat Milk

### Monday, Sept 23

Chicken Strips  
 ♥Loaded Lo Mein  
 Green Beans  
 BBQ Sauce  
 Tossed Salad  
 Low Fat Salad Dressing  
 Chilled Applesauce  
 Low Fat Milk

### Tuesday, Sept 24

**Build Your Own Burger**  
 Cheeseburger  
 Wheat Roll  
 ♥Eagle Sauce  
 Shredded Lettuce  
 Tomato/Onion  
 Baby Carrots  
 Baked French Fries  
 Tossed Salad  
 Low Fat Salad Dressing  
 Chilled Peaches  
 Low Fat Milk

### Wednesday, Sept 25

**Macho Nachos**  
 Tortilla Chips  
 Seasoned Meat  
 Shredded Lettuce  
 Cheese/Tomato/Salsa  
 ♥Baked Beans with a Kick  
 Tossed Salad  
 Low Fat Salad Dressing  
 Chilled Pears  
 Low Fat Milk

### Thursday, Sept 26

**Italian Pasta Feast**  
 ♥Chicken Alfredo over Whole Wheat Rotini  
 Sweet Corn  
 Garlic Roll  
 Broccoli Slaw  
 Tossed Salad  
 Low Fat Salad Dressing  
 Banana  
 Fat Free Milk

### Friday, Sept 27

**Stuffed Crust Pizza**  
 Pepperoni, Cheese  
 Cook's Specialty Pizza  
 ♥Pasta Salad with Fresh Vegetables  
 Steamed Broccoli  
 Tossed Salad  
 Low Fat Salad Dressing  
 Chilled Mixed Fruit  
 Low Fat Milk

### Monday, Sept 30

Baked Chicken Nuggets  
 ♥Savory Rice with Vegetables  
 BBQ Sauce  
 Green Beans  
 Tossed Salad  
 Low Fat Salad Dressing  
 Chilled Applesauce



## Student Request

Monday - Poutine, French Fries, Beef Gravy and Mozzarella Cheese  
 Tuesday - Buffalo Chicken Wrap  
 Wednesday - Chicken Patty on a Wheat Roll  
 Thursday - Meatball Subs  
 Friday - ♥Buffalo Chicken Dip with Veggies and WG Tortilla Chips