


A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	AMERICAN DINER BOWL: Meat Loaf* Macaroni w/ Cheese Sauce Mashed Potatoes* Fresh Michigan Asparagus Biscuit Brown Gravy Green Parsley Flakes	FIESTA POTATO BOWL: Spicy Beef Mexican Meat Whole Baked Potato Seasoned Potato Wedges Steamed Broccoli Cuts Homemade Corn Bread Cheddar Cheese Sauce Fresh Shredded Carrot	ASIAN RICE BOWL: Breaded Popcorn Chicken Oriental Fried Rice Steamed White Rice Fresh Carrots & Onions Homemade Crunchy Asian Topping Sweet N Sour Sauce Fresh Chopped Green Onion	BACKYARD BBQ BOWL: Barbecued Pork Ribbies Homemade Potato Salad Cheesy Macaroni Seasoned Corn Fresh Baked Biscuit Honey BBQ Sauce Chopped Green Onion	ITALIAN PASTA BOWL: Grilled Chicken Fettuccini Curly Rotini Pasta Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers Toasted Whole Grain Garlic Bun Alfredo Sauce, Red Marinara Sauce Roma Herb Seasoning Blend
 Chicken Tender w/Biscuit Classic Cheeseburger Corn on the Cob Fresh Iceberg Lettuce & Tomato	Pizza Burger on a Whole Wheat Bun* Breaded Chicken Sandwich Baked Potato* Fresh Romaine Lettuce & Tomato	Hot Sausage, Egg & Cheese on a Whole Wheat Bagel Classic Cheeseburger Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato*	BLT Burger Breaded Chicken Sandwich Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Breded Chicken Del Sol Sandwich w/ Salsa & Cheddar Classic Cheeseburger Baked Beans Fresh Iceberg Lettuce & Tomato	
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Chicken Brushetta Pizza Topped w/ Tomatoes* Tossed Salad w/ Light Dressing	Whole Wheat Pizza Bagels Caesar Romaine Side Salad w/ Croutons	Pepperoni Pizza Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes	Whole Grain Mexican Pita Pizzas Buttermilk Coleslaw	Pizza w/ Grilled Locally Grown Veggies Sweet Corn Salad
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread; Turkey, Ham, Tuna Salad; American and Part Skim Mozzarella Cheese; Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots; Fresh Homemade Vegetable Pasta Salad	Made to Order SANDWICH Bar Special: Triple Decker Turkey Club on Whole Wheat	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap Southwest Corn & Black Bean Wrap w/ Tomatoes	Made to Order SALAD Bar Special: Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing	Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	Made to Order SANDWICH Bar Special: Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Locally Grown Zucchini & Green Peppers on a Kaiser Roll* w/ Homemade Macaroni Salad*
 Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo-Fast Toasted Treatment	Pressed Beef & Bean Burrito Turkey & Cheese Panini Tossed Salad w/ Light Dressing	Toasted Stromboli Grinder Ham & Cheese Panini Caesar Romaine Side Salad w/ Croutons	Toasted Mozzarella & Pepperoni on Whole Wheat w/ Tomato Dipping Sauce Turkey & Cheese Panini Marinated Tomato & Cucumber Salad	Peppercorn Chicken Reuben Panini Ham & Cheese Panini Buttermilk Coleslaw	Whole Grain Cheese Quesadillas w/ Yogurt Salsa Turkey & Cheese Panini Sweet Corn Salad
 Fresh Food Fast-Packaged for Grab N' Go	Deli Chef Salad w/ Crackers Triple Decker Turkey Club on Whole Wheat Toasted Whole Wheat Bagel Chips w/ Fresh Veggies & Hummus* Green Bean Salad Fresh Orange*	Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Italian Hero Carrot Sticks Chilled Peaches	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing Buffalo Chicken Salad Wrap Italian Hero Marinated Tomato & Cucumber Salad Petite Bananas	Breaded Chicken Caesar Salad w/ Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Fruit Yogurt Parfait w/ Granola Topping Buttermilk Coleslaw Fresh Apples	Crispy Chicken Popper Salad w/ Crackers Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Locally Grown Zucchini & Green Peppers on a Kaiser Roll* w/ Homemade Macaroni Salad* Italian Hero Carrot Sticks Chilled Applesauce
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Green Bean Salad Tossed Salad w/ Light Dressing Fresh Michigan Strawberry & Rhubarb Crisp Fresh Orange Wedges*	Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Fresh Michigan Apples Chilled Peaches*	Marinated Tomato & Cucumber Salad Tossed Salad w/ Light Dressing* Chilled Pineapples Fresh Pears*	Buttermilk Coleslaw Tossed Salad w/ Light Dressing Fruit Crisp* Chilled Mandarin Oranges	Chilled Applesauce Sweet Corn Salad Celery Sticks Creamy Carrots Raisin Salad Chilled Applesauce*

 Menu item is made w/ whole grain

 Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

 *Menu item is offered with the complete daily Balanced Choices® Meal