

Hope of Detroit MS & HS Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday



Cinnamon Toast Crunch Cereal bar (30)

or: Strawberry Nutri-grain Bar (30)
 or: WG Animal Crackers(22)
 or: Chat Snack Graham crackers(21)
 100% Orange-Tangerine Juice(15)
 1% White Milk or 1% Chocolate
 MlK(111)

Cinnamon Toast Crunch Cereal(22)

or: Honey Cherries Bowl (22)
 or: Giant Vanilla Goldfish (19)
 or: WG Animal Crackers(22)
 Fresh Orange(22)
 100% Apple Juice(30)
 1% White Milk or 1% Chocolate
 MlK(111)

WG Bagel w/Cream cheese(30)

or: WG Frosted Cinnamon Poplart (36)
 Fresh Apple(29)
 100% Orange-Tangerine Juice(15)
 1% White Milk or 1% Chocolate
 MlK(111)

WG Banana Muffin(31)

or: WG Blueberry Muffin(30)
 WG Animal Crackers(22)
 or: Giant Vanilla Goldfish (19)
 Cinnamon Applesauce Cup(14)
 100% Apple Juice(30)
 1% White Milk or 1% Chocolate
 MlK(111)

Cheerios Bowl(21)

or: Lucky Charms(23)
 Giant Cinnamon Goldfish(19)
 or: WG Animal Crackers(22)
 Fresh Banana(62)
 100% Orange-Tangerine Juice(15)
 1% White Milk or 1% Chocolate
 MlK(111)

9 572:37:111

10 544:39:104

11 498:44:85

12 590:35:108

13 622:37:128

Apple Jacks(24)

or: Cinnamon Chex Cereal(23)
 WG Animal Crackers(22)
 or: Chat Snack Graham crackers(21)
 Mandarin Orange(43)
 100% Orange-Tangerine Juice(15)
 1% White Milk or 1% Chocolate
 MlK(111)

WG Blueberry Muffin(30)

or: Double Chocolate Chip Muffin(27)
 Giant Vanilla Goldfish (19)
 or: WG Animal Crackers(22)
 Diced Pear Cup (14)
 100% Apple Juice(30)
 1% White Milk or 1% Chocolate
 MlK(111)

WG Goody Ring(31)

or: WG Bagel w/Cream cheese(30)
 Fresh Apple(29)
 100% Orange-Tangerine Juice(15)
 1% White Milk or 1% Chocolate
 MlK(111)

Strawberry Cheerio Bar (30)

or: Cocoa Krispies Cereal Bar (27)
 Chat Snack Graham crackers(21)
 or: Giant Vanilla Goldfish (19)
 Craisins(27)
 100% Apple Juice(30)
 1% White Milk or 1% Chocolate
 MlK(111)

Froot Loops Cereal(24)

or: Raisin Bran Bowl (28)
 WG Animal Crackers(22)
 or: Giant Cinnamon Goldfish(19)
 Fresh Banana(62)
 100% Orange-Tangerine Juice(15)
 1% White Milk or 1% Chocolate
 MlK(111)

16 577:44:3:115

17 585:37:0:104

18 508:42:5:86

19 600:32:0:119

20 622:4:12:134

Golden Graham(24)

or: Blueberry Chex Cereal (23)
 WG Animal Crackers(22)
 or: Chat Snack Graham crackers(21)
 Diced Peaches(28)
 100% Apple Juice(30)
 1% White Milk or 1% Chocolate
 MlK(111)

Cheerios Bowl(21)

or: Apple Jacks(24)
 Giant Vanilla Goldfish (19)
 or: WG Animal Crackers(22)
 Pineapple Tubs Cup (15)
 100% Orange-Tangerine Juice(15)
 1% White Milk or 1% Chocolate
 MlK(111)

WG Bagel w/Cream cheese(30)

or: WG Frosted Fudge Poplart (36)
 Fresh Apple(29)
 100% Orange-Tangerine Juice(15)
 1% White Milk or 1% Chocolate
 MlK(111)

WG Banana Muffin(31)

or: WG Blueberry Muffin(30)
 Giant Vanilla Goldfish (19)
 or: WG Animal Crackers(22)
 Fruit mix(37)
 100% Apple Juice(30)
 1% White Milk or 1% Chocolate
 MlK(111)

Cinnamon Toast Crunch Cereal bar (30)

or: Blueberry Nutri-grain Bar (30)
 Chat Snack Graham crackers(21)
 or: WG Animal Crackers(22)
 Fresh Banana(62)
 100% Orange-Tangerine Juice(15)
 1% White Milk or 1% Chocolate
 MlK(111)

23 570:48:5:118

24 456:3:76:81

25 498:44:5:85

26 707:35:5:128

27 682:35:2:139

Cinnamon Chex Cereal(23)

or: Froot Loops Cereal(24)
 WG Animal Crackers(22)
 or: Giant Vanilla Goldfish (19)
 Fresh Orange(22)
 100% Apple Juice(30)
 1% White Milk or 1% Chocolate
 MlK(111)

30 544:4:15:108

W E L C O M E



Thought for Thought

Tips & Information

Labor Day, the first Monday in September, constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. The first unofficial Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City. On June 28th, 1894 the first Monday in September was declared Labor Day by President Grover Cleveland. Labor Day is not only celebrated in the United States, but also Canada and other industrialized nations. This day for some is a day to relax and enjoy the end of summer & the beginning of another GREAT YEAR of LEARNING!!!

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Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ()
 AvgCals:570 AvgSod(mg):393 AvgCarbs(g):108

or = An alternative selection to choose. *WG* = Whole Grain 1% White & 1% Chocolate Milk available daily.

****Menu Subject to Change****



Hope of Detroit MS & HS Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breaded Chicken Drumstick w/Dinner roll</p> <p>or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Turkey & American Cheese Sub Baked Beans Diced Peaches 1% White or 1% Chocolate Milk</p>	<p>Beef & Cheese Nachos w/ WG Corn Chips</p> <p>or: Chicken Nuggets w/ Dinner Roll or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Philly, Sloppy, & Cheese Sub Raspberries w/ Dressing Fresh Apples</p>	<p>Mini Cheese Calzones</p> <p>or: Beef Pepperoni Calzone or: WG Pizza Slice Baked Green Beans Fresh Orange 1% White or 1% Chocolate Milk</p>	<p>BBQ Beef Meatballs w/Bun</p> <p>or: Beef Hot Dog on WW Bun or: WG Pizza Slice Seasoned Corn Fresh Banana 1% White or 1% Chocolate Milk</p>	<p>WG Pizza Slice</p> <p>Romaine w/ Dressing 100% Orange-Tangerine Juice 1% White or 1% Chocolate Milk</p>
<p>Italian Meatball Sub on WG Bun</p> <p>or: Beef Hot Dog on WW Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub Raked Green Beans</p>	<p>Chicken Strip Wrap w/ Ranch</p> <p>or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Beef Sloppy Joe on WG Bun or: Philly Steak & Cheese Sub</p>	<p>Cher Salad w/ WW Pita</p> <p>or: Chicken Tenders w/ Dinner Roll or: WG Pizza Slice or: Salad with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Ham and Swiss Sub Dressings w/ Raisins</p>	<p>Bf Soft Taco on WW Tortilla w/ WG Rice</p> <p>or: WG Pizza Slice or: Salad with Turkey & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Breaded Hot & Sticky Chicken Paddy on WG Bun or: Italian Sub, Turkey Ham, Turkey</p>	<p>WG Pizza Slice</p> <p>Spinach Sp. Vegetable Juice Pineapple Tiddie 1% White or 1% Chocolate Milk</p>
<p>Chicken Fajita with Tortilla</p> <p>or: Classic Cheeseburger on WW Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub Fiesta Tron Black Beans</p>	<p>Beef Pepperoni Calzone</p> <p>or: Mini Burrito, Cheese, Calzones or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Beef Sloppy Joe on WG Bun or: Philly Steak & Cheese Sub</p>	<p>Cheesy Taco Penne</p> <p>or: Chicken Nuggets w/ Dinner Roll or: WG Pizza Slice or: Salad with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Ham and Swiss Sub Cream Cheese</p>	<p>Popcorn Chicken w/ Dinner Roll</p> <p>or: Beef Hot Dog on WW Bun or: WG Pizza Slice or: Salad with Turkey & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Hillman Sub, Turkey Ham, Turkey Sausage, Onions</p>	<p>WG Pizza Slice</p> <p>Baby Carrots w/Ranch 100% Orange-Tangerine Juice 1% White or 1% Chocolate Milk</p>
<p>BBQ Beef Rib Patty on WW Bun</p> <p>or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub Plain Walnuts</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>30</p>				



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