

HENRY FORD ACADEMY: SCHOOL FOR CREATIVE STUDIES DISTRICT

MARCH 2017

LUNCH MENU - 4 WEEK CYCLE

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Breaded Chicken Drumstick, Roasted Potatoes Orange Glazed Stir Fry Veg Salad Leafy Greens Whole Fruit Alt. Turkey & Cheese	Sloppy Joe Whole Grain Bun French Fries Vegetarian Sloppy Joe - (veg Opt) Tossed Salad Whole Fruit Alt. Turkey & Cheese	French Bread Cheese Pizza Tossed Leafy Salad Broccoli Buds, Baby Carrots Whole Fruit Alt. Turkey & Cheese
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Corn Dog French Fries Leafy Salad Greens Grilled Cheese Sandwich - (veg Opt) Broccoli Buds, Baby Carrots Whole Fruit Alt. Turkey & Cheese	Meat Loaf Mashed Potatoes & Gravy Steamed Corn Veg Meat Loaf-(veg Opt) Dinner Roll Whole Fruit Caesar Salad Alt. Turkey & Cheese	BBQ Grilled Chicken Sandwich Baked Beans Grilled Portabella Sandwich - (veg Opt) Tossed Salad Whole Fruit Alt. Turkey & Cheese	Popcorn Chicken Caesar Salad French Fries Fish Nuggets-(veg Opt) Whole Fruit Alt. Turkey & Cheese	Pepperoni Pizza Slice Tossed Leafy Salad Cheese Pizza -(veg Opt) Broccoli Buds, Baby Carrots Whole Fruit Alt. Turkey & Cheese
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Golden Crisp Chicken Tenders French Fries Fish Nuggets-(veg Opt) Dinner Roll Whole Fruit Caesar Salad Alt. Turkey & Cheese	Turkey Ham & Cheese Croissant Veg Sub-(veg Opt) w/Lettuce, Tomato, Hummus & Cucumber Baked Chips & Side Salad Whole Fruit	Nacho Chips w/ Cheddar Cheese Sauce Seasoned Ground Beef Mexican Corn (veg Opt) - No Meat Leafy Salad Greens Broccoli Buds, Baby Carrots Whole Fruit Alt. Turkey & Cheese	Spaghetti W/ Meat Sauce Mixed Vegetables Spaghetti w/Sauce Salad Leafy Greens Broccoli Buds, Baby Whole Fruit Alt. Turkey & Cheese	Pepperoni Calzone Garden Variety Salad Cheese Quesadilla-(veg Opt) Whole Fruit Alt. Turkey & Cheese
MONDAY 20	TUESDAY 21	WEDNESDAY 22	Thursday 23	FRIDAY 24
Turkey Frank French Fries Grilled Cheese Sandwich - (veg Opt) Crudité Whole Fruit Alt. Turkey & Cheese	Macaroni & Cheese Bread Stick Peas Caesar Salad Whole Fruit Alt. Turkey & Cheese	Meat Ball Stroganoff Green Beans (veg Opt) –Veggie Stroganoff Dinner Roll Salad Leafy Greens Broccoli Buds, Baby Carrots Whole Fruit Alt. Turkey & Cheese	Baked Potato Chili Veg Chili- (veg Opt) School House Salad Whole Fruit Alt. Turkey & Cheese	Pizza Bagel Tossed Leafy Salad Broccoli Buds, Baby Carrots Whole Fruit Alt. Turkey & Cheese
MONDAY 27	TUESDAY 28	WEDNESDAY 29	Thursday 30	FRIDAY 31
Cheese Burgers Potato Smiles Toss Salad Veggie Burger-(veg Opt) Whole Fruit Alt. Turkey & Cheese	Grilled Chicken Caesar Salad Bosco Stix Vegetable Egg Roll - (veg Opt) Salad Leafy Greens Broccoli Buds, Baby Carrots Whole Fruit Alt. Turkey & Cheese	Chicken Egg Roll w/ Brown Rice Vegetable Egg Roll - (veg Opt) House Salad Whole Fruit Alt. Turkey & Cheese	Sub w/ Turkey Ham, Turkey Salami, Turkey Bologna, Lettuce, Tomato, Veg Sub-(veg Opt) w/Lettuce, Tomato, Hummus & Cucumber Baked Chips & Side Salad Whole Fruit	French Bread Cheese Pizza Tossed Leafy Salad Broccoli Buds, Baby Carrots Whole Fruit Alt. Turkey & Cheese

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1% White & Fat Free Flavored Milk Offered Daily