

LUNCH

October 2014

Saginaw Chippewa Academy



Important Facts About Your Student's Lunch

- A full breakfast includes a choice of entrée supplying grains and protein, one (1) fruit dish, and a choice of milk.
- Milk choices include 1% white and fat free chocolate.
- Student Breakfast \$2.25 Reduced Prices \$0.40 WG=Whole Grain
- Condiments may include: Butter, Ketchup, Low fat ranch, Melted cheese

* Monday

USDA is an equal opportunity provider and employer.

* Tuesday

* Wednesday

* Thursday

* Friday

Ham & cheese on a bagel
tator tots,
applesauce
choice of milk

Macaroni & cheese,
cooked carrots,
pears,
choice of milk

Turkey wrap,
broccoli/ranch,
grapes,
choice of milk

Chicken sandwich,
tator tots,
peaches,
choice of milk

Tomato soup,
½ grilled cheese sandwich,
carrots/ranch,
apple,
choice of milk

Turkey taco salad,
pears,
choice of milk

Grilled chicken,
WG rice, WG roll,
cooked broccoli,
applesauce,
choice of milk

Turkey corn dog,
baked beans,
corn, banana,
choice of milk

Chicken nuggets,
baked beans,
dark green salad,
oranges,
choice of milk

Goulash,
cooked broccoli/cheese,
apple,
choice of milk

Ham,
WG French toast,
yogurt, hashbrown,
orange juice,
choice of milk

Hamburger,
Sun chips,
green beans,
grapes,
choice of milk

NO SCHOOL
STAFF
PROFESSIONAL
DEVELOPMENT

Turkey corn dog,
baked beans,
corn,
banana,
choice of milk

Chili,
WG roll,
dark green salad,
peaches,
choice of milk

Grilled chicken breast,
WG rice, WG roll,
cooked broccoli,
applesauce,
choice of milk

Ham,
french toast, yogurt,
hashbrown,
orange juice,
choice of milk

Pepperoni pizza,
carrots/ranch,
apple,
choice of milk

Hamburger,
baked beans,
peas,
grapes,
choice of milk

Turkey & gravy,
mashed potatoes,
green beans,
applesauce,
choice of milk

Tomato soup,
½ grilled cheese sandwich,
carrots/ranch,
oranges,
choice of milk

Chicken nuggets,
tator tots,
banana,
choice of milk

Cheese breadstick,
pizza sauce,
dark green salad/ranch,
peaches,
choice of milk