



October 2019

9:25:08 AM
 Monday, September 23, 2019
 7-12 1
 9813 /

Way Academy Lunch-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey & Cheese on WG Bun (22) Potato Salad 1/2c IW (24) Dill Pickle Chips(10) 1/2c IW (0) Pear (26) Juice 100%- 4oz (15) Milk Choice 8oz &	2 Cheese Pizza WG (V) (32) Spinach Salad 1.5 C IW Sun Chips WG (19) Juice 100%- 4oz (15) Milk Choice 8oz	3 Chicken Ranch Wrap WG (44) Carrot Coins 1/2 c (9) Mini Cucumber 3/4 IW (0) Ranch Bean Dip 1/2c IW Orange (21) Cheez -its WG (14) Juice 100%- 4oz (15) Milk Choice 8oz &	4 * Closed *
7 Turkey & Cheese on WG Bun (22) Carrot Coins 1/2 c (9) Ranch Bean Dip 1/2c IW Apple Slices 1pkg 1/2c (7) Tortilla Chips (2.5Br)WG (36) Milk Choice 8oz Juice 100%- 4oz (15) &	8 Italian Sub w/let. & pep WG (35) Potato Salad 1/2c IW (24) Celery Sticks 1/2 c IW (2) Apple (19) Juice 100%- 4oz (15) Milk Choice 8oz &	9 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Mandarin Orange Cup 4oz IW (20) Doritos (RF) (20) Milk Choice 8oz Juice 100%- 4oz (15)	10 Chicken Taco Salad 6oz (33) Melon 1/2 c (14) Tortilla Chips (2.5Br)WG (36) Ranch Lite Dip Cup 1oz Juice 100%- 4oz (15) Milk Choice 8oz #	11 * Closed *
14 Ez-Jammer Sandwich WG Carrot Coins 1/2 c (9) Vegetable Juice 4oz (13) Yogurt 4oz- Trix (15) Fresh Fruit (22) Sun Chips WG (19) Milk Choice 8oz &	15 Buffalo Chicken Hoagie WG Red &Green Pepper 1/2 CupIW (21) Potato Salad 1/2c IW (24) Applesauce Cup 4oz (22) Ranch Lite Dip Cup 1oz Juice 100%- 4oz (15) Milk Choice 8oz &	16 Cheese Pizza WG (V) (32) Cheddar Chex Mix Spinach Salad 1.5 C IW Tropical Fruit Cup 4oz IW (22) Juice 100%- 4oz (15) Milk Choice 8oz	17 Pastrami & Cheese Wrap WG Ranch Bean Dip 1/2c IW Celery Sticks 1/2 c IW (2) Applesauce Cup 4oz (22) Fritos WG (12) Milk Choice 8oz Juice 100%- 4oz (15) &	18 * Closed *
21 Ham & Cheese WG Sub Ranch Bean Dip 1/2c IW Apple Slices 1pkg 1/2c (7) Mini Cucumber w/dip IW Baked Tostitos (19) Milk Choice 8oz Juice 100%- 4oz (15) &	22 Chicken Salad 3oz. Potato Salad 1/2 c (24) Carrot Coins 1/2 c (9) Thin Bun WG Juice Box 4oz Fresh Fruit (22) Milk Choice 8oz #	23 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Doritos Cool Ranch (RF) (19) Mandarin Orange Cup 4oz IW (20) Milk Choice 8oz Juice 100%- 4oz (15)	24 Chicken Caesar Salad 6oz Grapes 1/2 c (14) Dinner Roll WG IW (16) Juice 100%- 4oz (15) Milk Choice 8oz #	25 * Closed *
28 Pepperoni & Moz Roll(2 ea) Pizza Sauce Cup (2 ea) Spinach Salad 1.5 C IW Grapes 1/2 c IW (14) Heartzel Pretzels (15) Juice 100%- 4oz (15) Milk Choice 8oz &	29 Turkey & Cheese on WG Bun (22) Potato Salad 1/2c IW (24) Dill Pickle Chips(10) 1/2c IW (0) Pear (26) Milk Choice 8oz Juice 100%- 4oz (15) &	30 Cheese Pizza WG (V) (32) Spinach Salad 1.5 C IW Sun Chips WG (19) Milk Choice 8oz Juice 100%- 4oz (15)	31 Chicken Ranch Wrap WG (44) Carrot Coins 1/2 c (9) Ranch Bean Dip 1/2c IW Mini Cucumber 3/4 IW (0) Orange (21) Halloween Treat Juice 100%- 4oz (15) Milk Choice 8oz &	

Carb Counts
 included in
 parenthesis ()
 for each item

* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data

Milk Carbs:
 Fat Free White Milk 1/2 Pint (Purple)(12)
 Fat Free Chocolate Milk 1/2 Pint (Brown)(23)

*(V) indicates a vegetarian entree

This institution is an equal opportunity provider.