



# November 2019

2:14:26 PM

Wednesday, October 23, 2019

7-12 1

9866 /

## Way Academy Lunch-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 * Closed *
4 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) Juice 100%- 4oz (15) Milk Choice 8oz &	5 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 &	6 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Mandarin Orange Cup 4oz IW (20) Doritos (RF) (20) Juice 100%- 4oz (15) Milk Choice 8oz	7 Chicken Taco Salad 6oz (33) Tortilla Chips (2.5Br)WG (36) Melon 1/2 c (14) Ranch Lite Dip Cup 1oz Juice 100%- 4oz (15) Milk Choice 8oz #	8 * Closed *
11 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 &	12 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 &	13 Cheese Pizza WG (V) (32) Cheddar Chex Mix Spinach Salad 1.5 C IW Tropical Fruit Cup 4oz IW (22) Milk Choice 8oz Juice 100%- 4oz (15)	14 Pastrami & Cheese Wrap WG Dill Pickle Chips(10) 1/2c Black Bean & Corn Salad 4 oz (44) Juice Box 4oz Fresh Fruit (22) Fritos WG (12) Milk Choice 8oz #	15 * Closed *
18 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) &	19 Chicken Salad 3oz. Potato Salad 1/2 c (24) Thin Bun WG IW Carrot Coins 1/2 c (9) Juice Box 4oz Fresh Fruit (22) Milk Choice 8oz #	20 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Doritos Cool Ranch (RF) (19) Mandarin Orange Cup 4oz IW (20) Juice 100%- 4oz (15) Milk Choice 8oz	21 Chicken Caesar Salad 6oz Grapes 1/2 c (14) Dinner Roll WG IW (16) Milk Choice 8oz Juice 100%- 4oz (15) #	22 * Closed *
25 Pepperoni & Moz Roll(2 ea) Pizza Sauce Cup (2 ea) Spinach Salad 1.5 C IW Apple (19) Heartzel Pretzels (15) Juice 100%- 4oz (15) Milk Choice 8oz &	26 Turkey & Cheese on WG Bun (22) Potato Salad 1/2c IW (24) Dill Pickle Chips(10) 1/2c IW (0) Clementine Juice 100%- 4oz (15) Milk Choice 8oz &	27 Cheese Pizza WG (V) (32) Spinach Salad 1.5 C IW Sun Chips WG (19) Juice 100%- 4oz (15) Milk Choice 8oz	28 **Happy Thanksgiving**	29 * Closed *

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.