



# December 2019

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Thursday, November 21, 2019

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## Way Academy Lunch-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 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 &	<b>3</b> 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 &	<b>4</b> 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	<b>5</b> 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 #	<b>6</b> * Closed *
<b>9</b> Ez-Jammer Sandwich WG Carrot Coins 1/2 c (9) Vegetable Juice 4oz (13) Yogurt 4oz- Trix (15) Fresh Fruit Mix (20) Sun Chips WG (19) Milk Choice 8oz &	<b>10</b> Buffalo Chicken Hoagie WG Red & Green Pepper 1/2 Cup IW (21) Potato Salad 1/2c IW (24) Applesauce Cup 4oz (22) Ranch Lite Dip Cup 1oz Juice 100%- 4oz (15) Milk Choice 8oz &	<b>11</b> 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	<b>12</b> Tky Meat Sand on WG Bun Ranch Bean Dip 1/2c IW Celery Sticks 1/2 c IW (2) Applesauce Cup 4oz (22) Fritos WG (12) Juice 100%- 4oz (15) Milk Choice 8oz &	<b>13</b> * Closed *
<b>16</b> Ham & Cheese WG Sub Ranch Bean Dip 1/2c IW Apple Slices 1pkg 1/2c (7) Mini Cucumber w/dip IW Baked Tostitos (19) Juice 100%- 4oz (15) Milk Choice 8oz &	<b>17</b> Chicken Salad 3oz. Potato Salad 1/2 c (24) Carrot Coins 1/2 c (9) Thin Bun WG Juice Box 4oz Fresh Fruit Mix (20) Milk Choice 8oz #	<b>18</b> 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	<b>19</b> Chicken Caesar Salad 6oz Grapes 1/2 c (14) Dinner Roll WG IW (16) Juice 100%- 4oz (15) Milk Choice 8oz #	<b>20</b> * Closed *
<b>23</b> *Closed*	<b>24</b> *Closed*	<b>25</b> *Closed*	<b>26</b> *Closed*	<b>27</b> * Closed *
<b>30</b> *Closed*	<b>31</b> *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.