



January 2020

1:19:54 PM
 Wednesday, December 11, 2019
 7-12 1
 9975 /

Way Academy Lunch-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 *Closed*	2 *Closed*	3 *Closed*
6 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 &	7 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 &	8 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)	9 Pastrami & Cheese Wrap WG Dill Pickle Chips(10) 1/2c Black Bean & Corn Salad 4 oz (44) Juice Box 4oz Fresh Fruit Mix (20) Fritos WG (12) Milk Choice 8oz #	10 * Closed *
13 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 &	14 Chicken Salad 3oz. Potato Salad 1/2 c (24) Thin Bun WG IW Carrot Coins 1/2 c (9) Juice Box 4oz Fresh Fruit Mix (20) Milk Choice 8oz #	15 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	16 Chicken Caesar Salad 6oz Grapes 1/2 c (14) Dinner Roll WG IW (16) Juice 100%- 4oz (15) Milk Choice 8oz #	17 * Closed *
20 *Closed*	21 Turkey & Cheese on WG Bun (22) Potato Salad 1/2c IW (24) Dill Pickle Chips(10) 1/2c IW (0) Clementine Milk Choice 8oz Juice 100%- 4oz (15) &	22 Cheese Pizza WG (V) (32) Spinach Salad 1.5 C IW Sun Chips WG (19) Juice 100%- 4oz (15) Milk Choice 8oz	23 Chicken Ranch Wrap WG (44) Carrot Coins 1/2 c (9) Ranch Bean Dip 1/2c IW Mini Cucumber 3/4 IW (0) Cheez -its WG (14) Orange (21) Milk Choice 8oz Juice 100%- 4oz (15) &	24 * Closed *
27 Turkey & Cheese on WG Bun (22) Carrot Coins 1/2 c (9) Ranch Bean Dip 1/2c IW Tortilla Chips (2.5Br)WG (36) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz &	28 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 &	29 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	30 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 #	31 * 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.