



March 2020

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 Monday, February 24, 2020
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Way Academy Lunch-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 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	4 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	5 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	6 * Closed *
9 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	10 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	11 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	12 Chicken Caesar Salad 6oz Grapes 1/2 c (14) Dinner Roll WG IW (16) Juice 100%- 4oz (15) Milk Choice 8oz	13 * Closed *
16 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	17 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	18 Cheese Pizza WG (V) (32) Spinach Salad 1.5 C IW Sun Chips WG (19) Juice 100%- 4oz (15) Milk Choice 8oz	19 Chicken Ranch Wrap WG (44) Carrot Coins 1/2 c (9) Mini Cucumber 3/4 IW (0) Ranch Bean Dip 1/2c IW Cheez -its WG (14) Orange (21) Juice 100%- 4oz (15) Milk Choice 8oz	20 * Closed *
23 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	24 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	25 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	26 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	27 * Closed *
30 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	31 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			

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.