



August 2019

9:51:59 AM
 Monday, July 22, 2019
 9-12 2
 9697 /

Way Academy Breakfast-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

			1 Muffin WG Apple (19) Milk Choice 8oz Juice 100%- 4oz (15)	2 * Closed *
5 Kix Cereal (14) Applesauce Cup 4oz (22) Grahams Minis WG (24) Milk Choice 8oz Juice 100%- 4oz (15)	6 Apple Muffin 3.2oz Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	7 Yogurt 4 oz (16) Banana 1 ea (34) Grahams Minis WG (24) Milk Choice 8oz Juice 100%- 4oz (15)	8 Bagel WG (28) Strawberry Cream Cheese (1) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	9 * Closed *
12 Rice Chex Cereal WG Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	13 Chocolate Chip Muffin 3.2oz Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	14 Yogurt 4 oz (16) Banana 1 ea (34) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	15 Apple Slices 1pkg 1/2c (7) Lemon Crunch Bar WG (41) Milk Choice 8oz Juice 100%- 4oz (15)	16 * Closed *
19 Trix Cereal (24) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	20 Mini Confetti Pancakes WG Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	21 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Milk Choice 8oz Juice 100%- 4oz (15)	22 Mini Maple Waffle WG (35) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz Juice 100%- 4oz (15)	23 * Closed *
26 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	27 Mini Cini -(Cold)WG (40) Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	28 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	29 Cheese Stick 1 oz (1) CoCoo Krispy Bar (27) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	30 * 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)

*(V) indicates a vegetarian
 entree

This institution is an
 equal opportunity
 provider.



August 2019

8:55:23 AM

Friday, August 9, 2019

7-12 1

9705 /

Way Academy Lunch-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Hummus Cup 3oz Turkey & Cheese on WG Bun (22) Cereal Bar WG (30) Carrots 1/2 c w/dip IW (10) Celery Sticks 1/2 c Peach 1ea Milk Choice 8oz &	2 * Closed *
5 Turkey Ham 2 oz Co-Jack Cheese Cubes 1oz Corn Bread Loaf 2oz WG IW (28) Carrots 1/2 c w/dip IW (10) Melon 1/2 c (14) Mini Cucumber w/Dip* Milk Choice 8oz Juice 100%- 4oz (15) #	6 Chicken Salad Cup 3 oz IW Hummus Cup 3oz Carrots 1/2 c w/dip IW (10) Potato Salad 1/2c IW (24) Apple (19) Goldfish Crackers WG (28) Dinner Roll WG IW (16) Milk Choice 8oz &	7 Chicken Caesar Salad 6oz Muffin WG Cantaloupe Cubes (4) 1/2 cup (5) Milk Choice 8oz Juice 100%- 4oz (15) #	8 Turkey & Cheese on WG Bun (22) Vegetable Juice 4oz (13) Celery Sticks 1/2 c IW w/Dip (3) Peach 1ea Yogurt 4oz- Trix (15) Milk Choice 8oz &	9 * Closed *
12 Ranch Chx Pasta Sal WG 6oz Grape Tomatoes 1/4 c (3) Melon 1/2 c (14) Doritos Cool Ranch (RF) (19) Milk Choice 8oz Juice 100%- 4oz (15) #	13 Italian Wrap w/pep&let WG Carrots 1/2 c w/dip IW (10) Mini Cucumber w/Dip Grahams Minis WG (24) Apple (19) Milk Choice 8oz &	14 Chicken Taco Salad 6oz (33) Melon 1/2 c (14) Baked Tostitos (19) Salsa 2oz (4) Ranch Lite Dip Cup 1oz Juice 100%- 4oz (15) Milk Choice 8oz #	15 Hummus Cup 3oz Turkey & Cheese on WG Bun (22) Cereal Bar WG (30) Carrots 1/2 c w/dip IW (10) Celery Sticks 1/2 c IW w/Dip (3) Peach 1ea Milk Choice 8oz &	16 * Closed *
19 Turkey Ham 2 oz Co-Jack Cheese Cubes 1oz Carrot Coins 1/2 c (9) Corn Bread Loaf 2oz WG IW (28) Melon 1/2 c (14) Mini Cucumber w/Dip* Milk Choice 8oz Juice 100%- 4oz (15) #	20 Hummus Cup 3oz Chicken Salad Cup 3 oz IW Potato Salad 1/2 c (24) Carrots 1/2 c w/dip IW (10) Apple (19) Goldfish Crackers WG (28) Dinner Roll WG IW (16) Milk Choice 8oz &	21 Chicken Caesar Salad 6oz Muffin WG Cantaloupe Cubes (4) 1/2 cup (5) Juice 100%- 4oz (15) Milk Choice 8oz #	22 Ez-Jammer Sandwich WG Vegetable Juice 4oz (13) Celery Sticks 1/2 c IW w/Dip (3) Peach 1ea Yogurt 4oz- Trix (15) Milk Choice 8oz &	23 * Closed *
26 Ranch Chx Pasta Sal WG 6oz Grape Tomatoes (5) 1/2 c (4) Melon 1/2 c (14) Doritos (RF) (20) Juice 100%- 4oz (15) Milk Choice 8oz #	27 Italian Wrap w/pep&let WG Carrots 1/2 c w/dip IW (10) Mini Cucumber w/Dip Apple (19) Grahams Minis WG (24) Milk Choice 8oz &	28 Chicken Taco Salad 6oz (33) Melon 1/2 c (14) Baked Tostitos (19) Salsa 2oz (4) Ranch Lite Dip Cup 1oz Juice 100%- 4oz (15) Milk Choice 8oz #	29 Turkey & Cheese on WG Bun (22) Hummus Cup 3oz Cereal Bar WG (30) Carrots 1/2 c w/dip IW (10) Celery Sticks 1/2 c IW (2) Peach 1ea Milk Choice 8oz &	30 * 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.