



September 2019

9:31:38 AM

Tuesday, August 27, 2019

7-12 1

9771 /

Way Academy Lunch-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 * Closed *	3 Turkey & Cheese on WG Bun (22) Carrots 1/2 c w/dip IW (10) Dill Pickle Chips(10) 1/2c IW (0) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz Juice 100%- 4oz (15) &	4 Cheese Pizza WG (V) (32) Spinach Salad 1.5 C IW Sun Chips WG (19) Juice 100%- 4oz (15) Milk Choice 8oz	5 Chicken Ranch Wrap WG (44) Carrot Coins 1/2 c (9) Ranch Bean Dip 1/2c IW Mini Cucumber 3/4 IW (0) Orange (21) Cheez -its WG (14) Juice 100%- 4oz (15) Milk Choice 8oz &	6 * Closed *
9 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 &	10 Italian Sub w/let. & pep WG (35) Potato Salad 1/2c IW (24) Celery Sticks 1/2 c IW (2) Apple (19) Milk Choice 8oz Juice 100%- 4oz (15) &	11 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Mandarin Orange Cup 4oz IW (20) Doritos (RF) (20) Milk Choice 8oz Juice 100%- 4oz (15)	12 Chicken Taco Salad 6oz (33) Melon 1/2 c (14) Tortilla Chips (2.5Br)WG (36) Ranch Lite Dip Cup 1oz Milk Choice 8oz Juice 100%- 4oz (15) #	13 * Closed *
16 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 &	17 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 &	18 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)	19 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 #	20 * Closed *
23 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) &	24 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 #	25 Cheese Pizza WG (V) (32) Romaine Salad 1c IW Doritos Cool Ranch (RF) (19) Mandarin Orange Cup 4oz IW (20) Milk Choice 8oz Juice 100%- 4oz (15)	26 Chicken Caesar Salad 6oz Grapes 1/2 c (14) Dinner Roll WG IW (16) Juice 100%- 4oz (15) Milk Choice 8oz #	27 * Closed *
30 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 &				

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.