

# Allen Park Public Schools



**Elementary—September 2019**

USDA IS AN EQUAL OPPORTUNITY PROVIDER

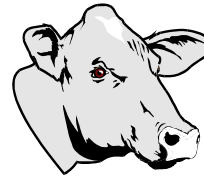


100% Juice



Fruit Juices offered in a variety of flavors

**MOO**  
TO YOU, TOO



CHOICE OF MILK SERVED WITH ALL COMPLETE MEALS:

LOW-FAT WHITE

FAT-FREE CHOCOLATE

FAT-FREE STRAWBERRY



As Allen Park School District continues to “Go Green”, we will now have our lunch menus available online **ONLY**.

Starting with the month of October you can find the menus on our district website at [www.allenparkschools.com](http://www.allenparkschools.com)

We **WILL** have printed copies of the menu available at each school’s main office and cafeteria’s.

**Tuesday, September 3**

**BREAKFAST ONLY**

**HALF DAY**



**Wed., September 4**

Choice of One

WG Chicken Corn Dog

Mini Dippers

or

WG Crustless PB&J

or

Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and

Fresh Fruit or

Fruit Cup or

100% Juice Choice

Hot Vegetable

Peas

**Thursday, September 5**

Choice of One

Mini Twin Cheeseburger on WG Bun

or

WG Crustless PB&J

or

Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and

Fresh Fruit or

Fruit Cup or

100% Juice Choice

Hot Vegetable

Carrots

**Friday, September 6**

Choice of One

WG Bosco Cheese Sticks w/Sauce

or

WG Crustless PB&J

or

Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and

Fresh Fruit or

Fruit Cup or

100% Juice Choice

Hot Vegetable

Green beans

**Monday, September 9**

Choice of One

Domino’s Smart Slice

Pepperoni Pizza

or

WG Crustless PB&J

or

Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and

Fresh Fruit or

Fruit Cup or

100% Juice Choice

Hot Vegetable

Green Beans

**Tuesday, September 10**

Choice of One

Mac & Cheese

or

WG Crustless PB&J

or

Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and

Fresh Fruit or

Fruit Cup or

100% Juice Choice

Hot Vegetable

Fiesta Corn

**Wed., September 11**

Choice of One

WG Baked Chicken

Tenders

w/WG Dinner Roll

or

WG Crustless PB&J

or

Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and

Fresh Fruit or

Fruit Cup or

100% Juice Choice

Hot Vegetable

Carrots

**Thursday, September 12**

Choice of One

Turkey or Ham Deli Sub on WG Sub Bun

or

WG Crustless PB&J

or

Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and

Fresh Fruit or

Fruit Cup or

100% Juice Choice

Hot Vegetable

Broccoli

**Friday, September 13**

Choice of One

WG Cheese French

Bread Pizza

or

WG Crustless PB&J

or

Salad Bar Meal

Choice of Two

Salad & Fresh Veggie Bar

and

Fresh Fruit or

Fruit Cup or

100% Juice Choice

Hot Vegetable

Green Beans



**AVAILABLE DAILY**

Hot and Cold Breakfasts is available at Arno, Bennie and Lindemann from 8:05-8:30.

All Breakfasts include main entrée item, low-fat white milk or fat-free chocolate or fat-free strawberry milk, 100% fruit juice, and a choice of fruit. **Must TAKE a FRUIT to qualify as a meal.**

There is NO charge for Free Meal Benefits.

Reduced meal benefit is \$3.30

Full pay for breakfast is \$1.50

**Hot Breakfast Daily:**

Monday: Pillsbury Pancakes or

Pillsbury Apple Frudels (entrée alternates every other Monday)

Tuesday: Mini Sausage & Pancake Wraps

Wednesday: Ham-Egg -N-Cheese Muffin Sandwich

Thursday: Bob Evans Sausage Biscuit Mini Twins

Friday: French Toast Sticks or Whole Grain

Pillsbury Mini-Cinnis (entrée alternates every other Friday)

**Other Breakfast Entrées are:**

WG Crustless PB&J, WG Quaker Breakfast Bar, WG Pop Tarts, WG Mini Bagels, WG Asst. Cereal Choices with (your choice of: Crackers or Sunflower Seeds or Cheese or Peanut Butter cup)

**Other Sides Available are:**

Yogurt, Sunflower Seeds, String Cheese, American Cheese, Peanut Butter cup, fresh fruit (apples, oranges, bananas, pears-whole or cupped)

**Lunch Includes:**

Special of the Day, 2 sides\* & low-fat white or fat-free chocolate or fat-free strawberry milk choice and fruit or 100% fruit juice choice

\* **Must take fruit or veggie in order to qualify as a meal. For students who bring their lunch from home, a side salad is available for \$1.25.**

There is No charge for Free Meal Benefits.

Reduced meal benefit is \$4.40

Full pay for lunch is \$2.50

Snacks & milk are available for \$.50 (Yogurt \$1.00)

Extra entrée available for \$1.25

Salad Bar Meal with crackers

**Snacks will change daily & may include:**

Animal crackers, honey roasted sunflower seeds, fresh fruit (apples, oranges, bananas, pears-whole or cupped), fruit cups, string cheese, fruit snacks, pretzels, mini Rice Krispies treat, goldfish crackers, 100% fruit juice choice, 100% juice push-up, Teddy Grahams, yogurt or cottage cheese.

**Beverages include:** 100% fruit juice choice, low-fat white, fat-free chocolate or fat-free strawberry milk.

**Condiments Available (Vary by day's menu)**

Ketchup, Mustard, Mayonnaise, Lite Italian Dressing, Reduced Calorie Ranch Dressing, Marinara Sauce, Salsa, Low-Fat Sour Cream, and Syrup

**100% Fruit Juice Choices include: Apple, Orange, or Grape (may vary daily)**

**MEALS & SNACKS ARE SUBJECT TO CHANGE WITHOUT NOTICE**

**Monday, September 16**

**Choice of One**  
Domino's Smart Slice  
Pepperoni Pizza

or  
WG Crustless PB&J

or  
**Salad Bar Meal**

**Choice of Two**  
Salad & Fresh Veggie Bar

and

Fresh Fruit or  
Fruit Cup or  
100% Juice Choice

**Hot Vegetable**  
Carrots

**Tuesday, September 17**

**Choice of One**  
Meaty Cheesy Nachos  
w/ Salsa & Sour Cream

or  
WG Crustless PB&J

or  
**Salad Bar Meal**

**Choice of Two**  
Salad & Fresh Veggie Bar

and

Fresh Fruit or  
Fruit Cup or  
100% Juice Choice

**Hot Vegetable**  
Refried Beans

**Wed., September 18**

**Choice of One**  
WG Baked Chicken  
Nuggets

w/WG Dinner Roll

or  
WG Crustless PB&J

or  
**Salad Bar Meal**

**Choice of Two**  
Salad & Fresh Veggie Bar

and

Fresh Fruit or  
Fruit Cup or  
100% Juice Choice

**Hot Vegetable**  
Green Beans

**Thursday, September 19**

**Choice of One**  
French Toast Sticks  
w/Turkey Sausage Links

or  
WG Crustless PB&J

or  
**Salad Bar Meal**

**Choice of Two**  
Salad & Fresh Veggie Bar

and

Fresh Fruit or  
Fruit Cup or  
100% Juice Choice

**Hot Vegetable**  
Hash Brown Triangle

**Friday, September 20**

**Choice of One**  
WG Bosco Cheese  
Sticks w/Sauce

or  
WG Crustless PB&J

or  
**Salad Bar Meal**

**Choice of Two**  
Salad & Fresh Veggie Bar

and

Fresh Fruit or  
Fruit Cup or  
100% Juice Choice

**Hot Vegetable**  
Broccoli

**Monday, September 23**

**Choice of One**  
Domino's Smart Slice  
Pepperoni Pizza

or  
WG Crustless PB&J

or  
**Salad Bar Meal**

**Choice of Two**  
Salad & Fresh Veggie Bar

and

Fresh Fruit or  
Fruit Cup or  
100% Juice Choice

**Hot Vegetable**  
Green Beans

**Tuesday, September 24**

**Choice of One**  
Meaty Cheesy Nachos  
w/ Salsa & Sour Cream

or  
WG Crustless PB&J

or  
**Salad Bar Meal**

**Choice of Two**  
Salad & Fresh Veggie Bar

and

Fresh Fruit or  
Fruit Cup or  
100% Juice Choice

**Hot Vegetable**  
Refried Beans

**Wed., September 25**

**Choice of One**  
WG Chicken Corn Dog  
Mini Dippers

or  
WG Crustless PB&J

or  
**Salad Bar Meal**

**Choice of Two**  
Salad & Fresh Veggie Bar

and

Fresh Fruit or  
Fruit Cup or  
100% Juice Choice

**Hot Vegetable**  
Carrots

**Thursday, September 26**

**Choice of One**  
Rotini w/Meat Sauce &  
WG Dinner Roll

or  
WG Crustless PB&J

or  
**Salad Bar Meal**

**Choice of Two**  
Salad & Fresh Veggie Bar

and

Fresh Fruit or  
Fruit Cup or  
100% Juice Choice

**Hot Vegetable**  
Broccoli

**Friday, September 27**

**Choice of One**  
Hamburger or  
Cheeseburger on WG  
Bun

or  
WG Crustless PB&J

or  
**Salad Bar Meal**

**Choice of Two**  
Salad & Fresh Veggie Bar

and

Fresh Fruit or  
Fruit Cup or  
100% Juice Choice

**Hot Vegetable**  
Vegetarian Baked Beans

**Monday, September 30**

**Choice of One**  
Domino's Smart Slice  
Pepperoni Pizza

or  
WG Crustless PB&J

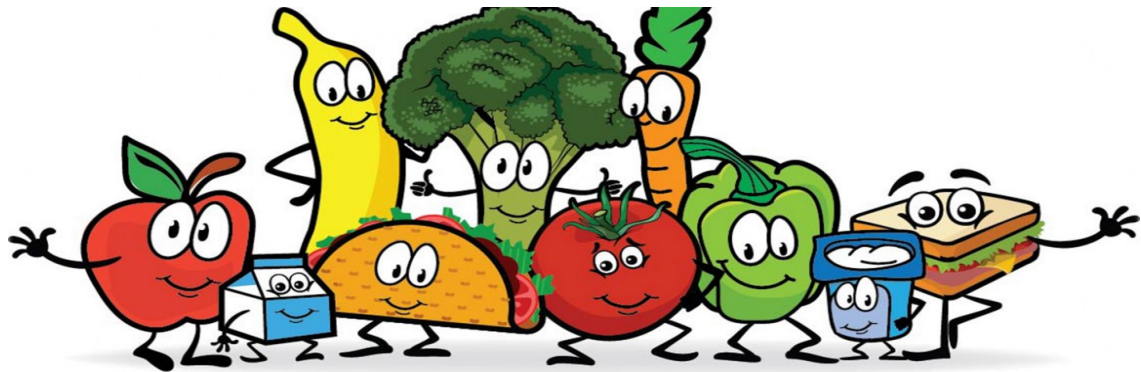
or  
**Salad Bar Meal**

**Choice of Two**  
Salad & Fresh Veggie Bar

and

Fresh Fruit or  
Fruit Cup or  
100% Juice Choice

**Hot Vegetable**  
Carrots



**Food Services**