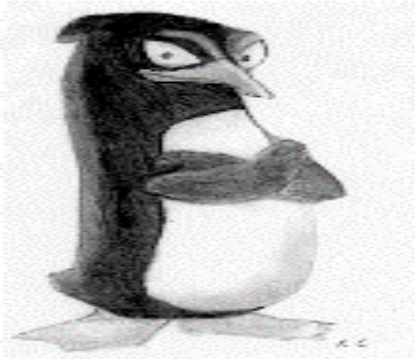


Allen Park Public Schools



Community School– September 2019

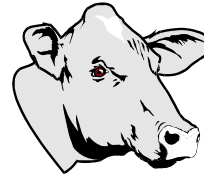
USDA IS AN EQUAL OPPORTUNITY PROVIDER

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



Tuesday, September 3

BREAKFAST ONLY

HALF DAY

Wed., September 4

Featured Special
Choice of One
WG Baked Chicken Tenders w/WG Roll
or
WG Cheese Pizza
or
WG Crustless PB&J
or
Salad Bar Meal w/ WG Roll

Thursday, September 5

Featured Special
Choice of One
Hamburger or Cheeseburger
or
WG Cheese Pizza
or
WG Crustless PB&J
or
Salad Bar Meal w/ WG Roll

Friday, September 6

Featured Special
Choice of One
WG Bosco Cheese Sticks with Sauce
or
WG Cheese Pizza
or
WG Crustless PB&J
or
Salad Bar Meal w/ WG Roll

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

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

Monday, September 9

Featured Special
Choice of One
Dominos Pizza
or
WG Crustless PB&J
or
Salad Bar Meal w/ WG Roll

Tuesday, September 10

Featured Special
Choice of One
WG Spicy Chicken Patty on WG Bun
or
Turkey or Ham WG Subs
or
WG Cheese Pizza
or
WG Crustless PB&J
or
Salad Bar Meal w/ WG Roll

Wed., September 11

Featured Special
Choice of One
2-Soft Tacos w/Refried Beans
or
Turkey or Ham WG Subs
or
WG Cheese Pizza
or
WG Crustless PB&J
or
Salad Bar Meal w/ WG Roll

Thursday, September 12

Featured Special
Choice of One
Famous Chicken Bowl w/ Mashed Potatoes Gravy/Corn and WG Roll
or
WG Cheese Pizza
or
WG Crustless PB&J
or
Salad Bar Meal w/ WG Roll

Friday, September 13

Featured Special
Choice of One
WG Bosco Cheese Sticks with Sauce
or
WG Cheese Pizza
or
WG Crustless PB&J
or
Salad Bar Meal w/ WG Roll



AVAILABLE DAILY

Breakfast

(served 7:15-7:53 am)

No charge for Free Meal benefit

Reduced Meal benefit is \$.30

A Full Breakfast is \$1.50

Breakfast includes: Main Menu item, Low-Fat White Milk, Fat-Free Chocolate or Fat-Free Strawberry Milk & 100% Fruit Juice Choice and Fruit. **Must TAKE a Fruit and/or juice to qualify as a meal.**

Main Menu Items: Sausage Egg-N-Cheese Muffin or Ham Egg N Cheese Muffin Sandwich, Poptart, Cereal or Bagel w/Cream Cheese, Bob Evans WG Mini Twins Biscuit Sandwiches, or WG Crustless PB&J

Beverages: 100% Fruit Juice, Low-Fat White Milk or Fat-Free Chocolate or Fat-Free Strawberry Milk, Bottled Water, Cappuccino or Hot Chocolate. Ask your server for other beverages that may be available.

Lunch

No charge for Free Meal benefit

Reduced Meal benefit is \$.40

A Full Lunch is \$3.00

Lunch includes: Main Menu Item, Fresh Food/Salad Bar & Low-Fat White Milk, Fat-Free Chocolate or Fat-Free Strawberry Milk & 100% Fruit Juice Choice or Fruit

Must TAKE fruit and/or veggie in order to qualify as a meal.

Main Menu items include: Special of the Day, **NEW** WG Cheese Pizza, WG Crustless PB&J, Sandwich Wrap (Tues and Wed), or Salad Bar Meal w/WG Roll.

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

Fresh Fruit (may vary daily): Apples, Oranges, Bananas

WG= Whole Grain

RF=Reduced Fat

WW=Whole Wheat

MEALS AND SNACKS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Monday, September 16

Featured Special Choice of One

Dominos Pizza

or

WG Crustless PB&J

or

Salad Bar Meal w/ WG Roll

Tuesday, September 17

Featured Special Choice of One

WG Baked Chicken Tenders

w/WG Roll

or

Turkey or Ham

WG Subs

or

WG Cheese Pizza

or

WG Crustless PB&J

or

Salad Bar Meal

w/ WG Roll

Wed., September 18

Featured Special Choice of One

WG Spicy

Chicken Bites

Or

Turkey or Ham

WG Subs

or

WG Cheese Pizza

or

WG Crustless PB&J

or

Salad Bar Meal

w/ WG Roll

Thursday, September 19

Featured Special Choice of One

WG Rigatoni

w/Meat Sauce and

WG Roll

or

WG Cheese Pizza

or

WG Crustless PB&J

or

Salad Bar Meal

w/ WG Roll

Friday, September 20

Featured Special Choice of One

WG Bosco Cheese Sticks with Sauce

or

WG Cheese Pizza

or

WG Crustless PB&J

or

Salad Bar Meal

w/ WG Roll

Monday, September 23

Featured Special Choice of One

Dominos Pizza

or

WG Crustless PB&J

or

Salad Bar Meal w/ WG Roll

Tuesday, September 24

Featured Special Choice of One

Chicken Corn Dog Nuggets

or

Turkey or Ham

WG Subs

or

WG Cheese Pizza

or

WG Crustless PB&J

or

Salad Bar Meal

w/ WG Roll

Wed., September 25

Featured Special Choice of One

Swedish Meatballs w/ Mashed Potatoes

or

Turkey or Ham

WG Subs

or

WG Cheese Pizza

or

WG Crustless PB&J

or

Salad Bar Meal

w/ WG Roll

Thursday, September 26

Featured Special Choice of One

Shredded Chicken & Cheese Wrap

w/Red Beans & Rice

or

WG Cheese Pizza

or

WG Crustless PB&J

or

Salad Bar Meal

w/ WG Roll

Friday, September 27

Featured Special Choice of One

WG Bosco Cheese Sticks with Sauce

or

WG Cheese Pizza

or

WG Crustless PB&J

or

Salad Bar Meal

w/ WG Roll

Monday, September 30

Featured Special Choice of One

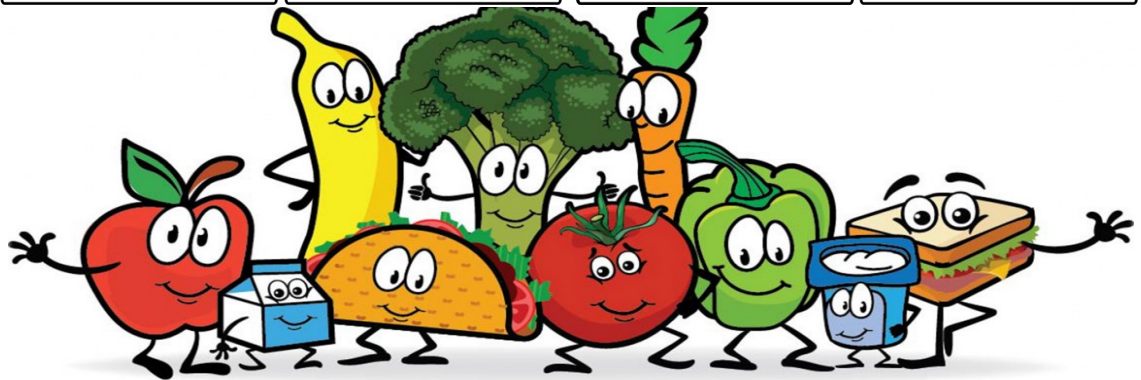
Dominos Pizza

or

WG Crustless PB&J

or

Salad Bar Meal w/ WG Roll



Food Services