

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

	2 Frosted flakes, Snack, Juice, Milk	3 Pancake, Sausage Link, Orange juice, Milk	4 Strawberry Fruit Bar, WG Gold Fish crackers, Orange Juice, Flavored Milk,	5 Sausage Link, French Toast, Sticks, Apple Juice, Milk	6 Apple Cinnamon Cheerios, Snack, Juice, Milk	8 ***Menu subject to change***
	Chick ⁹ en Nugget w/BBQ sauce, Corn, Dinner Roll, Fruit, Milk	10 Sliced Turkey, Mashed Sweet Potatoes, Dinner Roll, Fruit, Milk	PIZZA, Tossed Salad with ranch, Snack, Fruit, Milk	Italian Sub, Baby Carrots w/ Ranch, Fruit, Milk	Bakes Spaghetti, Italian Blend Vegetables, Breadsticks, Fruit, Milk	
Lunch Schedule KDG-2nd 11 - 11:30 a.m.	9 Coco Ross, Snack, Juice, Milk	10 Pancake on a Stick, Diced Pear, Milk	11 Apple Muffin, Orange, Milk	12 Oatmeal, Sausage Links, Mandarin Orange, Milk	14 Frosted flakes, Snack, Juice, Milk	15
	Chick ⁹ en Caesar Salad, Dinner Roll, Fruit, Juice Box, Milk	Grilled Chicken on Wheat Bun, Lettuce, Tomato, Mixed Vegetables, Fruit, Milk	Beef Cheesy Mac, Corn, Fruit, Milk	Tw ¹³ in Sliders, baked Potato Wedges, Fruit, Milk	PIZZA, Tossed Salad with ranch, Snack, Fruit, Milk	
Lunch Schedule 3rd - 5th 11 - 11:30 a.m.	16 Trix, Snack, Juice, Milk	17 Cream Cheese bagel, Banana, Milk	18 Blueberry Muffin, Apple, Milk	19 Sausage Links, Waffle, Apple, Milk	20 Coco Ross, Snack, Juice, Milk	22 ***Lucky Tray Day-October 20***
	Cheeseburger on Bun, Green Beans, Fruit, Milk	Chicken Teriyaki, Mixed Vegetables, Dinner Roll, Fabulous Fruit, Milk	Beef Hot Dog on Bun, Baked Beans, Juice Box, Milk	Meatballs, WG Brown Rice, Fruit, Juice Box, Milk	BBQ Beef Rib Patty, Tossed Salad with ranch, Snack, Fruit, Milk	
Lunch Schedule 6th - 8th 12 - 12:30 p.m.	23 Lucky Charms, Snack, Juice, Milk	24 Pancake, Sausage Link, Orange juice, Milk	25 Apple Jacks, Chocolate Animal Crackers, Diced Pears, Milk	26 Sausage Link, French Toast, Sticks, Apple Juice, Milk	27 Trix, Snack, Juice, Milk	29
	Salisbury Steak, mashed Potato, Dinner Roll, Fruit, Milk	Texas Chili, Corn Bread, Fruit, Juice Box, Milk	Shredded BBQ Chicken on Bun, baked Potato Wedges, Fruit, Milk	Hot Steak-Cheese Sub, Tossed salad with ranch, Fruit, Flavored Milk	PIZZA, Tossed Salad with ranch, Snack, Fruit, Milk	

30 Honey Grahams, Snack, Juice, Milk	31 Nachos, Tossed Salad with Italian, Snack, Juice Box, Milk
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Give your child a healthy start!

Mornings can be rushed, but it is important to make time for breakfast.

Children can benefit from the School Breakfast Program! Studies show that school breakfast can improve test scores, make kids more alert in class, and improve classroom behavior.

Make sure your kid start the school day with a healthy meal.



Hope Of Detroit
Academy

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