

Featured Specials of the Day

MI Products -

My Michigan -

MI School Lunch Week!!

Click here

for the special menu

the week of

May 17-21!

DON'T LET THIS HAPPEN TO YOU!!!



BY THE TIME STEVE'S LUNCH BREAK FINALLY ROLLED AROUND, HE HAD ONCE AGAIN BECOME A VICTIM OF THE DREADED "SOGGY BAG SYNDROME."

NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

BEEF HOT DOG ON ROLL
OVEN-BAKED POTATO PUFFS
PINEAPPLE PIECES
ANIMAL CRACKERS
LOWFAT CHOCOLATE MILK

TOTAL CALORIES: 732
CALORIES FROM PROTEIN: 117
CAL FROM CARBOHYDRATES: 592
CALORIES FROM FAT: 302
GOAL: 30% OR LESS FAT CALORIES

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, May 24

Pizza Dippers BBQ Pork Sandwich
Peaches Baked Fries

Tuesday, May 25

Macaroni & Cheese BBQ Rib Sandwich
Sweet Potato Fries Mixed Fruit

Wednesday, May 26

Chicken Fries Corn Dog
Corn Apple Crisp

Thursday, May 27

Brunch for Lunch Toasted Cheese
Tomato Soup Potato Triangle
Applesauce

Friday, May 28

Turkey Sub
Carrot Coins
Apricots

Menus for MAY 2010



Middle School

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Available Daily!

Yogurt w/String Cheese
PB & Jelly Sandwich
Chef Salad

Nacho & Cheese

Monday's—Chicken Sandwich

Tuesday's—Chicken Nuggets

Wednesday's & Friday's

—Pizza

Thursday's—Cheeseburgers