

DPSCD Office of School Nutrition
K-8 Lunch menu
October, 2017

Category	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Monday, October 02, 2017		Tuesday, October 03, 2017		Wednesday, October 04, 2017		Thursday, October 05, 2017		Friday, October 06, 2017	
Entrée	Pizza Dippers		Turkey Soft Taco		Midwest Menu Day		Cheeseburger		Chicken Nuggets	
Meat/Meat Alternate	Pizza Dippers	2 ea	Turkey taco meat	3 oz	Chicken Drumstick	1 ea	Hamburger patty	1 ea	Chicken Nuggets	5 ea
Misc	Marinara Sauce	1 oz	Shredded Cheddar Cheese	1 oz	BBQ sauce (open pit)	1 oz	Sliced American Cheese	1 ea		
Misc							Mustard/ Ketchup	1 ea		
Veggie 1	Steamed Green Beans	.5 cup	Shredded Lettuce/Diced Tomato	1 cup	Harvest Blend Salad	1 cup	Steamed Carrots	.5 cup	Steamed Corn	.5 cup
Veggie 2	Harvest blend Salad	1 cip	Refried Beans	.5 cup	Michigan baked potato	1 ea	French Fries	.5 cup	Harvest Blend Salad	1 cup
Fruit	Canned Mandarin Oranges	5 cup	Fresh Orange	1 ea	Fresh Michigan Peach	1 ea	Fresh Apple (Gold Delicious)	1 ea	Canned Mixed Fruit	.5 cup
Bread			W.G. Tortilla	1 ea	Cornbread muffin	1 ea	W.G. Hamburger Bun	1 ea	Dinner Roll	1 ea
Milk	Milk	1 cup	Milk	1 cup	Skim/ 1% white milk	1 cup	Milk	1 cup	Milk	1 cup
Alternate	Pizza Dippers	2 ea	Veggie Taco Filling	3 oz	Pizza Dippers	2 ea	Grilled cheese	3 ea	Galaxy Cheese Pizza	1 ea
Entrée	Monday, October 09, 2017		Tuesday, October 10, 2017		Wednesday, October 11, 2017		Thursday, October 12, 2017		Friday, October 13, 2017	
	Bean and cheese Burrito		Teriyaki chicken		Turkey Burger		Beef Ribbette		Turkey Ham	
Meat/ Meat Alternate	Bean and cheese Burrito	1 ea	Fajita chicken	3 oz	Turkey Burger	1 ea	Beef Ribbette	1 ea	Turkey Ham Steaks	2 ea
Misc			Teriyaki sauce	1 oz	Sliced American Cheese	1sl				
Misc							Baked Beans	.5 cup	Au Gratin Potatoes	.5 cup
Veggie 1	Steamed Corn	.5 cup	Stir Fry Veggieies	.5 cup	Green Beans	.5 cup	Harvest Blend Salad	1 cup	Stemed Peas	.5 cup
Veggie 2	Harvest Blend Salad/Diced Tomatoes	1 cup	Harvest Blend Salad	1 cup	Sweet Potato Fries	.5 cup	Fresh Orange	1 ea	Fresh Apple (Gala)	1 ea
Fruit	Fresh Apple Red Delicious)	5 cup	Canned Pineapple	1 ea	Canned peaches	.5 cup	W.G. Hamburger Bun	1 ea	Spaghetti noodles	.5 cup
Bread			Brown Rice	1 ea	W.W. Hamburger Bun	1 ea	Milk	1 cup	Skim/ 1% white milk	1 cup
Milk	Milk	1 cup	Milk	1 cup	Milk	1 cup	Grilled Cheese Sandwich	1 ea	Pizza Dippers	2 ea
Alternate	Bean and Cheese Burrito	1 ea	Fish Patty	1 ea	Veggie Burger	1 ea				
Entrée	Monday, October 16, 2017		Tuesday, October 17, 2017		Wednesday, October 18, 2017		Thursday, October 19, 2017		Friday, October 20, 2017	
	Grilled Cheese Sandwich		Chicken Sandwich		Philly Cheese Steak		Turkey Soft Taco		Spaghetti	
Meat/ Meat Alternate	Grilled Cheese Sandwich	1 ea	W.G. Chicken Patty	1 ea	Piepers Philly Beef	3 oz	Turkey Taco meat	3 oz	Philly Beef/ Marinara Sauce	3 oz
Misc					Shredded Mozzarella Cheese	1 oz	Shredded Cheddar Cheese	1 oz		
Misc							Shredded Lettuce/ Diced Tomato	.5 cup	Steamed Peas	.5 cup
Veggie 1	Harvest Blend Salad	1 cup	Steamed Carrots	.5 cup	Steamed Green Beans	.5 cup	Refried Beans	.5 cup	Harvest Blend Salad	1 cup
Veggie 2	Calli Blend Veggieies	5 cup	Harvest Blend Salad	1 cup	Harvest Blend Salad	.5 cup	Fresh Apple (McIntosh)	1 ea	Fresh Orange	1 ea
Fruit	Fresh Apple (Red Delicious)	5 cup	Canned Mandarin Oranges	.5 cup	Canned Peaches	.5 cup	W.G. Tortilla	1 ea	Spaghetti noodles	5 cup
Bread			W.W. Hamburger Bun	1 ea	W.G. Hot Dog Bun	1 ea	Milk	1 cup	Milk	1 cup
Milk	Skim/ 1% white milk	1 cup	Milk	1 cup	Milk	1 cup	Veggie Taco Filling	3 oz	Pasta Alfredo	6 oz
Alternate	Grilled Cheese Sandwich	1 ea	Lentils and Rice	6 oz	Fish Patty	1 ea				
Entrée	Monday, October 23, 2017		Tuesday, October 24, 2017		Wednesday, October 25, 2017		Thursday, October 26, 2017		Friday, October 27, 2017	
	Pasta Alfredo		Fred Douglass Rice Bowl		Turkey Sloppy Joe		Beef Ribbette		Roast Turkey Breast	
Meat/ Meat Alternate	Pasta Alfredo	6 oz	Fajita Chicken	1.5 oz	Turkey Sloppy Joe	6 oz	Ribbette	1 ea	Turkey Steaks	2 ea
Misc			Taco Seasoning	1 oz	Sliced American Cheese	1sl			Turkey Gravy	1 oz
Misc			Pinto Beans (Canned)	1.5oz			Baked Beans	.5 cup	Mashed Potatoes	.5 cup
Veggie 1	Steames Carrots	.5 cup	Steamed Corn	.5 cup	Green Beans	.5 cup	Harvest Blend Salad	1 cup	Steamed Peas	.5 cup
Veggie 2	Harvest Blend Salad	1 cup	Harvest Blend Salad/Diced Tomato	.5 cup	Sweet Potato fries(6788626)	.5 cup	Fresh Orange	1 ea	Fresh Apple (Gala)	1 ea
Fruit	Canned Peaches	1 ea	Chili/Cranberry Parfait	.5 cup	Canned Applesauce	.5 cup	W.G. Hamburger Bun	1 ea	W.G. Cornbread Stuffing	.5 cup
Bread	W.G. Cornbread Muffin	1 ea	Brown Rice	.5 cup	W.G. Hamburger Bun	1 ea	Milk	1 cup	Skim/ 1% white milk	1 cup
Milk	Milk	1 cup	Milk	1 cup	Milk	1 cup	Grilled Cheese Sandwich	1 ea	Pizza Dippers	2 ea
Alternate	Pasta ALfredo	6 oz	Fish Patty	1 ea	Lentils and Rice	6 oz				
Entrée	Monday, October 30, 2017		Tuesday, October 31, 2017		Wednesday, November 01, 2017		Thursday, November 02, 2017		Friday, November 03, 2017	
	Pizza Dippers		Holiday Nuggets		Cheeseburger		Turkey Burger		BBQ Beef Ribbette	
Meat/ Meat Alternate	Pizza Dippers	2 ea	Specialty chicken nuggets	3 oz	Hamburger patty	1 ea	Turkey Burger patty	1 ea	BBQ Beef Ribbette	5 ea
Misc	Marinara Sauce	1 oz	BBQ Sauce	1 oz	Sliced American Cheese	1 ea				
Misc					Mustard/ Ketchup	1 ea	Maple glazed Sweet Potatoes	.5 cup	Baked Beans	.5 cup
Veggie 1	Steamed Corn	.5 cup	Sweet Potato Fries	1 cup	Steamed Carrots	.5 cup	Harvest Blend Salad	1 cup	Harvest Blend Salad	1 cup
Veggie 2	Harvest blend Salad	1 cip	Harvest blend salad	.5 cup	French Fries	.5 cup	Canned Applesauce	.5 cup	Canned Mixed Fruit	.5 cup
Fruit	Canned Mandarin Oranges	5 cup	Fresh apple(Red Delicious)	1 ea	Fresh Apple (Gold Delicious)	1 ea	W.W. Hamburger Bun	1 ea	W.G. Hamburger Bun	1 ea
Bread			Holiday cookie	1 ea	W.G. Hamburger Bun	1 ea	Milk	1 cup	Milk	1 cup
Milk	Milk	1 cup	Milk	1 cup	Milk	1 cup	Fish Patty	1 ea	Galaxy Cheese Pizza	1 ea
Alternate	Pizza Dippers	2 ea	Fish Patty w/ W.G. Bun	1 ea	Grilled cheese	3 ea				

FRESH FRUIT BOWL OFFERED DAILY
HIGH SCHOOLS, PLEASE OFFER TWO ADDITIONAL ENTREES; SUBMARINE SANDWICH AND COMBO SALAD DAILY**

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DPSCD Office of School Nutrition
Breakfast Menu
October, 2017

Strawberry cup	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Monday, October 02, 2017		Tuesday, October 03, 2017		Wednesday, October 04, 2017		Thursday, October 05, 2017		Friday, October 06, 2017	
Cold entrée	Fruity Cheerios	1 pkg	Cinnamon Crisp Zee Zee Bar	1 ea	Vanilla Yogurt	1 ea	Blueberry Muffin	1 ea	Apple Cinnamon Cheerios	1 ea
Bread	Animal Crackers	1 pkg	Chocolate chip Gripz	1 pkg	Loose Granola	1 pkg			Graham Cracker	1pkg
Fruit1	Orange Juice	.5 cup	Fresh Apple (Gold Delicious)	1ea		1 ea	Cinnamon Applesauce Cup	1 ea	Fresh Apple (Gala)	1 ea
Fruit 2	Pineapple Cup	1 pkg	Blended Fruit Juice	.5 cup	Fresh Apple Slices	1 ea	Fresh Pear	1 ea	Fresh Orange Slices	
Milk	Milk	1 ea	Milk	1 ea	Milk	1 ea	Milk	1 ea	Milk	1 ea
Heat and Serve entrée (H.S. Only)	Breakfast Burrito	1 ea	Breakfast Pizza	1 ea	Mini Eggo Waffles	1 pkg	Mini Maple Pancakes	1 pkg	Mini French Toast	1 ea
	Monday, October 09, 2017		Tuesday, October 10, 2017		Wednesday, October 11, 2017		Thursday, October 12, 2017		Friday, October 13, 2017	
Cold entrée	Rice Chex	1 ea	Strawberry Nutri Grain Bar	1 ea	Cinnamon Toast Crunch Bar	1 ea	Strawberry Cream Cheese Bagel	1 ea	Coco Cherry Zee Zee bar	1 pkg
Bread	Bug Bites Crackers	1 pkg	Chocolate chip Gripz	1 pkg	Animal Crackers	1 pkg			Graham Cracker	1pkg
Fruit1	Fresh Apple Slices	.5 cup	Fresh Orange	1 ea	Peach Cup	.5 cup	Blended Fruit Juice	.5 cup	Fresh Orange Slices	1 pkg
Fruit 2	Mandarin Orange Cup	1 ea	Mixed Fruit Cup	1 ea	Fresh Pear	1 ea	Fresh Apple (Red Delicious)	1 ea	Apple Juice	.5 cup
Milk	Milk	1 ea	Milk	1 ea	Milk	1 ea	Milk	1 ea	Milk	1 ea
Heat and Serve entrée (H.S. Only)	Apple Cinnamon Muffin	1 ea	Breakfast Burrito	1 pkg	Breakfast pizza	1 pkg	Mini Maple Pancakes	1 ea	Mini Franch Toast	1 pkg
	Monday, October 16, 2017		Tuesday, October 17, 2017		Wednesday, October 18, 2017		Thursday, October 19, 2017		Friday, October 20, 2017	
Cold entrée	Fruity Cheerios	1 pkg	Cinnamon Crisp Zee Zee Bar	1 ea	Vanilla Yogurt	1 ea	Blueberry Muffin	1 ea	Apple Cinnamon Cheerios	1 ea
Bread	Animal Crackers	1 pkg	Chocolate chip Gripz	1 pkg	Loose Granola	1 pkg			Bug Bites Crackers	1pkg
Fruit1	Orange Juice	.5 cup	Fresh Apple (Gold Delicious)	1ea	Strawberry Cup	1 ea	Cinnamon Applesauce Cup	1 ea	Fresh Apple (Granny Smith)	1 ea
Fruit 2	Pineapple Cup	1 pkg	Blended Fruit Juice	.5 cup	Fresh Apple Slices	1 ea	Fresh Pear	1 ea	Fresh Orange Slices	
Milk	Milk	1 ea	Milk	1 ea	Milk	1 ea	Milk	1 ea	Milk	1 ea
Heat and Serve entrée (H.S. Only)	Breakfast Burrito	1 ea	Breakfast Pizza	1 ea	Mini Eggo Waffles	1 pkg	Mini Maple Pancakes	1 pkg	Mini French Toast	1 ea
	Monday, October 23, 2017		Tuesday, October 24, 2017		Wednesday, October 25, 2017		Thursday, October 26, 2017		Friday, October 27, 2017	
Cold entrée	Rice Chex	1 ea	Strawberry Nutri Grain Bar	1 ea	Cinnamon Toast Crunch Bar	1 ea	Strawberry Cream Cheese Bagel	1 ea	Coco Cherry Zee Zee bar	1 pkg
Bread	Animal Crackers	1 pkg	Chocolate chip Gripz	1 pkg	Graham Crackers	1 pkg			Graham Cracker	1pkg
Fruit1	Fresh Apple Slices	.5 cup	Fresh Orange	1 ea	Peach Cup	1 ea	Blended Fruit Juice	.5 cup	Fresh Orange Slices	1 pkg
Fruit 2	Mandarin Orange Cup	1 ea	Mixed Fruit Cup	1 ea	Fresh Pear	1 ea	Fresh Apple (Gala)	1 ea	Apple Juice	.5 cup
Milk	Milk	1 ea	Milk	1 ea	Milk	1 ea	Milk	1 ea	Milk	1 ea
Heat and Serve entrée (H.S. Only)	Apple Cinnamon Muffin	1 ea	Breakfast Burrito	1 pkg	Breakfast pizza	1 pkg	Mini Maple Pancakes	1 ea	Mini French Toast	1 pkg
	Monday, October 30, 2017		Tuesday, October 31, 2017		Wednesday, November 01, 2017		Thursday, November 02, 2017		Friday, November 03, 2017	
Cold entrée	Fruity Cheerios	1 pkg	Cinnamon Crisp Zee Zee Bar	1 ea	Vanilla Yogurt	1 ea	Blueberry Muffin	1 ea	Apple Cinnamon Cheerios	1 ea
Bread	Animal Crackers	1 pkg	Chocolate chip Gripz	1 pkg	Loose Granola	1 pkg			Bug Bites Crackers	1pkg
Fruit1	Orange Juice	.5 cup	Fresh Apple (Gold Delicious)	1ea	Strawberry Cup	1 ea	Cinnamon Applesauce Cup	1 ea	Fresh Apple (Granny Smith)	1 ea
Fruit 2	Pineapple Cup	1 pkg	Blended Fruit Juice	.5 cup	Fresh Apple Slices	1 ea	Fresh Pear	1 ea	Fresh Orange Slices	
Milk	Milk	1 ea	Milk	1 ea	Milk	1 ea	Milk	1 ea	Milk	1 ea
Heat and Serve entrée (H.S. Only)	Breakfast Burrito	1 ea	Breakfast Pizza	1 ea	Mini Eggo Waffles	1 pkg	Mini Maple Pancakes	1 pkg	Mini French Toast	1 ea

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**** HIGH SCHOOLS SERVE BOTH COLD AND HEAT AND SERVE ENTREES DAILY****

**** 1% WHITE AND FAT FREE SKIM MILK SERVED DAILY****