

Allen Park Public Schools



Elementary - Sept, 2016

MOO
TO YOU, TOO



CHOICE OF MILK SERVED
WITH ALL COMPLETE MEALS:

LOW-FAT WHITE
FAT-FREE CHOCOLATE
FAT-FREE STRAWBERRY

100% Juice

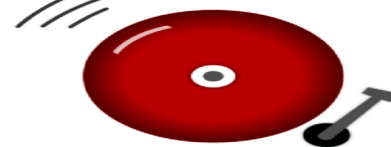


Fruit Juices
offered in a
variety of flavors

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

TIME for
LUNCH



We're here to serve you, so
please let us know if there's
anything we can do for you.

**Have a
Great Year!**

USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.



Monday, September 5



No School

Tuesday, September 6

**No School
Today**

**STAFF
ONLY**



Wed., September 7

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 8

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

Friday, September 9

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 12

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 13

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 14

Choice of One
WG Baked Chicken
Patty
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
Peas & Carrots

Thursday, September 15

Choice of One
Ravioli w/Meat Sauce
& Warm Breadstick
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
Italian Blend

Friday, September 16

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
Broccoli

Word of the Month
co·op·er·a·tion

n. 1. working together for the
common good; teamwork 2. mu-
tual help and assistance among
people on a project or effort

AVAILABLE DAILY

Hot and Cold Breakfasts are 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 choice &
fruit. **Must TAKE a FRUIT to qualify as a meal.**

There is **NO** charge for Free Meal Benefits.

Reduced meal benefit is \$.30.

Full pay for breakfast is \$1.25

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.**

Full lunch price is \$2.25 for students. Reduced Meal
benefit is \$.40.

No charge for Free Meal benefit.

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, mini ice cream sandwich,
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



Signing up is FREE and easy:

Visit www.mypaymentsplus.com

Click "Register a free account"

Add your students using their Student ID Number

IN ORDER TO VIEW YOUR CHILD'S MEAL BALANCE and/or make online payments (note that a mini-
mal service fee is charged for the online payment option). Payments can still be made by cash or check with no
fee. Parents will need to create a free account at: www.MyPaymentsPlus.com A link to the site is on the Food
Service page of the district's website.

View student cafeteria balances anytime, from anywhere • See what your student is purchasing in the cafeteria • Set up alerts
so you know when the balance is low

Monday, September 19

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 20

Choice of One
Beefy Soft Tacos
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 21

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
California Blend

Thursday, September 22

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 23

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
Carrots

Monday, September 26

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
Broccoli

Tuesday, September 27

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 28

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 29

Choice of One
WG Mini Twin
Cheeseburgers
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

Friday, September 30

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