



HIGH SCHOOL MENU – FALL – SEPTEMBER-OCTOBER 2021

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Cinni Pull-Apart 40g	Pancake Choice: Mini Maple 35g or Mini Blueberry 35g Syrup 29g	Egg and *Turkey Bacon Pizza 25g	Mini Cinni Pull-Apart 40g	Bagel Sandwich with Sausage and Cheese 26g

Daily Breakfast Offerings include Juice/Fruit and Milk:

- *Lucky Charm Kit 58g or Cinnamon Pop Tart Kit 72g
- *Bagel w. Cream Cheese 29g
- *Cocoa Bread 43g
- *Orange 14g and Apple Juice 14g

- *Yogurt Breakfast: Yogurt 14g, Sun Splash 15g, String Cheese 1g (GF, Vegetarian)
- *Rice Chex Breakfast: Chex 24g, Sun Splash 15g, Mandarin Oranges 13g (GF, Vegan, Vegetarian)
- *1% Prairie Chocolate or 1% White Milk
- *Fresh Fruit

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	Chicken and Waffle Basket 12g 43g Tropical Blend Twist 100% 14g Diced Pear Cup 19g Syrup 29g	Hamburger 29g or Cheeseburger 30g Corn 16g Apple Slices 7g Dill Pickle Chips 0g	Mini Maple Eggo Pancakes 35g *Sausage Patty 1g Hash Browns 29g Cinnamon Applesauce 17g Syrup 29g	Chicken Patty Sandwich: Plain 44g or Spicy 45g Tater Tots 17g Diced Peach Cup 18g	Tony's Cheese Pizza 31g Tony's Pepperoni Pizza 31g French Bread Garlic Cheese 30g French Bread Pepperoni 33g Cherry Smooth'n Good 25g Mandarin Orange Cup 13g
B	Bosco Sticks 50g Marinara Sauce 4g Diced Pear Cup 19g	Garlic and Cheese Pull-Apart Bread 33g Marinara Sauce 4g Apple Slices 7g	Bosco Sticks 50g Marinara Sauce 4g Cinnamon Applesauce 17g	Garlic and Cheese Pull-Apart Bread 33g Marinara Sauce 4g Diced Peach Cup 18g	Bosco Sticks 50g Marinara Sauce 4g Mandarin Orange Cup 13g

Daily Entrée Offerings include Entrée, Vegetable, Fruit, Milk:

- *Yogurt Lunch (GF and Vegetarian)
- *Italian Sub
- *Vegetable Platter w. Traditional Hummus (GF, Vegetarian, and Vegan)
- *Garbanzo Vegetable Salad (GF, Vegan, Vegetarian (minus the dressing))

Fresh Fruits and Vegetables will be offered Daily.

***Asteric = Not made from pork or beef. Made from Turkey or Chicken.**

- *Any Timer Lunch
- *EZ Jammer Lunch (Vegetarian)
- *Chicken Popper Salad

Prairie Milk offerings: 1% Chocolate or 1% White milk (Ala Carte Milk: .50 cents)

USDA is an equal opportunity provider and employer.

All students will receive a FREE breakfast and lunch when they dine in their school café.

Menu may change do to Supply Chain issues. Call 248-573-8925, if you are concerned about the meal for the day.

Meals served through the South Lyon Schools Community Cafeterias are Peanut/Nut Free, but can be processed in a Nut Facility.