

SUN

MON

TUE

WED

THU

FRI

SAT

1

Cocoa Puffs Cereal or Strawberry Cheerio Bar
Giant Vanilla Goldfish
Cinnamon Apple Sauce Cup
100% Grape Juice Box
1% White Milk or 1% Chocolate Milk

2

3

French Toast Sticks w/Syrup
Diced Peaches
100% Apple Juice
1% White Milk or 1% Chocolate Milk

4

WG Frosted Fudge Poptart
Diced Peaches
100% Fruit Punch Juice
1% White Milk or 1% Chocolate Milk

5

WG Emoji Waffle
Mandarin Orange
100% Apple Juice
1% White Milk or 1% Chocolate Milk

6

WG Frosted Cinnamon Poptart
or: Honey Wheat Bagel with Cream Cheese
Pineapple Tidbits
100% Grape Juice Box
1% White Milk or 1% Chocolate Milk

7



8

Fruit Loops Cereal
Giant Vanilla Goldfish
Fresh Gala Apple
100% Fruit Punch Juice
1% White Milk or 1% Chocolate Milk

9

WG Maple Pancake & Turkey on Stick
Fruit Mix
100% Orange-Tangerine Juice
1% White Milk or 1% Chocolate Milk

10

WG Frosted Fudge Poptart or: WG Bagel w/Cream cheese
Diced Peaches
100% Orange Tangerine Juice
1% White Milk or 1% Chocolate Milk

11

12

Jumbo Waffle
Turkey Sausage
Cinnamon Apple Juice
100% Apple Juice
1% White Milk or 1% Chocolate Milk

13

WG Goody Bun
or: Honey Wheat Bagel with Cream Cheese
100% Apple Juice
1% White Milk or 1% Chocolate Milk

14

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15

Cocoa Puffs Cereal or Golden Grahams
Giant Vanilla Goldfish
Fresh Gala Apple
100% Fruit Punch Juice
1% White Milk or 1% Chocolate Milk

16

French Toast Sticks w/ Syrup
Mandarin Orange
100% Apple Juice
1% White Milk or 1% Chocolate Milk

17

WG Bagel w/Cream Cheese or WG Frosted Fudge Poptart
Diced Pears
100% Grape Juice Box
1% White Milk or 1% Chocolate Milk

18

19

WG Pancake
Turkey Sausage
Mixed Fruit Cup
100% Apple Juice
1% White Milk or 1% Chocolate Milk

20

WG Goody Ring
or: WG Bagel w/Cream Cheese
100% Apple Juice
1% White Milk or 1% Chocolate Milk

21

22

23

Christmas Eve

24

Christmas

25

HAPPY KWANZAA

26

HAPPY HANUKKAH

27

28



No School 12/23-01/03 Holiday Break

29

30

New Year's Eve

31

Students return to school 1/06

December 2024

HOPE of DETROIT ACADEMY

Hope of Detroit MS/HS
4444 35th St.
Detroit, MI 48210
313-788-1122

SUN

MON

TUE

WED

THU

FRI

SAT

1

Classic Cheeseburger on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
Or Turkey & American Cheese Sub

2

Chicken Strips & Waffle
or: Beef Hot Dog on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Philly Steak & Cheese Sub

3

Cheesy Taco Penne
or: Chicken Nuggets w/ Dinner Roll
or: WG Pizza Slice
or: Salad with Chicken & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
Or Turkey Ham and Swiss Sub
Tossed Salad with Ranch

4

Cheese Omelette w/Biscuit
or Breaded Chicken Patty on WW Bun
or: Pizza Slice
or: Salad with Turkey & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Italian Sub (Turkey Ham, Turkey Salami Provolone)

5

WG Pizza Slice
Fresh Broccoli & Ranch Dressing
Fresh Orange
1% White or 1% Chocolate Milk

6



7

8

Crispy Chicken Sandwich on WG Bun
or: Classic Cheeseburger on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes

9

Beef Sloppy Joe on WG Bun
or: Breaded Chicken Patty on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes

10

Chicken Fajita with Tortilla
or: Beef Hot Dog on WW Bun
or: WG Pizza Slice
or: Salad with Chicken & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
Or Turkey Ham and Swiss Sub
Texan Ranchero Pinto Beans

11

Cheeseburger Mac w/Dinner Roll
or: Chicken Nuggets w/ Dinner Roll
or: WG Pizza Slice
or: Salad with Turkey & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Italian Sub (Turkey Ham, Turkey Salami Provolone)

12

WG Pizza Slice
Fresh Broccoli & Ranch Dressing
Fresh Orange
1% White or 1% Chocolate Milk

13

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14

15



Cheeseburger Meatloaf on WW Bun
or: Breaded Chicken Patty on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes

16

Chicken & Bean Burrito with WW Tortilla
or: Chicken Strip Wrap w/Ranch
or: WG Pizza Slice
or: Salad with Turkey, Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Philly Steak & Cheese Sub

17

Texas Chili w/ Dinner Roll
or: WG Pizza Slice
or: Salad with Chicken & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Turkey Ham and Swiss Sub
or: Turkey Dog with WW Bun
Potato Wedges

18

Asian Chicken w/ Brown Rice
or: Chicken Nuggets w/ Dinner Roll
or: WG Pizza Slice
or: Salad with Turkey & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Italian Sub (Turkey Ham, Turkey Salami Provolone)

19

20

22

23

24

Christmas Eve

25

Christmas

HAPPY KWANZAA

26

HAPPY HANUKKAH

27

28

No School 12/23-01/03 Holiday Break

29

30

31

New Year's Eve

Students return to school 1/06 2024

HOPE of DETROIT ACADEMY

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4444 35th St.
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SUN

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Hope of Detroit MS/HS
4444 35th St.
Detroit, MI 48210
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November 2024

1

2

WG Cinnamon Bun
or Honey Wheat Bagel
with Cream Cheese
Fresh Banana
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

3

4



Cocoa Puffs Cereal
or Golden Grahams
Giant Vanilla Goldfish
Diced Peaches
100% Fruit Punch
Juice
1% White Milk or 1%
Chocolate Milk

5

**No School
Staff in
Service
Election Day!**

6

WG Bagel w/ Cream
Cheese
or: WG Frosted Fudge
Poptart
Fresh Gala Apple
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

7

Jumbo Waffle
Turkey Sausage
Mixed Berry Applesauce
Cup
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

8

WG Goody Ring
or: WG Bagel w/Cream
Cheese
Fresh Banana
100% Apple Juice
1% White Milk or 1%
Chocolate

9

10



Blueberry Nutri-grain Bar
or: Strawberry Nutri-grain
Bar
Giant Vanilla Goldfish
Pineapple Tidbits
100% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

11

French Toast Sticks
w/Syrup
Mandarin Orange
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

12

WG Frosted Fudge
Poptart
or: WG Bagel w/Cream
Cheese
Fresh Gala Apple
100% Orange Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

13

**Q1 Parent
Teacher
Conferences**

14

**No School
Staff in
Service**

15

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civil rights law and the
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gender identity, sexual
orientation, disability, age or
for prior civil rights activity

16

17

Cinnamon Toast Crunch
Cereal
or: Raisin Bran Bowl
Giant Vanilla Goldfish
Fresh Orange
100% Orange Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

18

Jumbo Waffle
Turkey Sausage
Diced Peach Cup
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

19

WG Bagel w/ Cream
cheese
or: WG Frosted
Cinnamon Poptart
Fresh Gala Apple
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

20

French Toast Sticks
w/ Syrup
Cinnamon Applesauce
Cup
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

21

WG Apple Roll
or: Honey Wheat Bagel
with Cream Cheese
Cinnamon Toast
Fresh Banana
100% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

22

23

24

Trix Cereal Bowl
or: Lucky Charms
Giant Vanilla Goldfish
Pineapple Tidbits
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

25

WG Pancake
Turkey Sausage
Mixed Fruit Cup
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

26

27

**Thanksgiving
Day!
No School**

28

29



30

Thanksgiving Break 11/27-11/29

SUN

MON

TUE

WED

THU

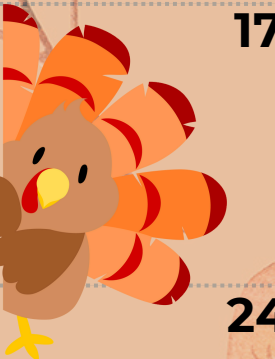
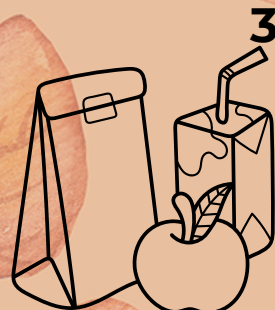
FRI

SAT



Hope of Detroit MS/HS
4444 35th St.
Detroit, MI 48210
313-788-1122

November 2024



						1 WG Pizza Slice Baby Carrots w/Ranch Diced Pears %1 White or 1% Chocolate Milk	2
3 Turkey Kielbasa on WW Bun or: Beef Hot Dog on WW Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes Or Turkey & American Cheese Sub	4	5 Beef & Cheese Nachos w/ WG Corn or: Breaded Chicken Patty on WW Bun or: WG Pizza Slicer: Salad with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Ham and Swiss Sub	6 Chicken Alfredo W/WG Dinner Roll or Chicken Nuggets w/ Dinner Roll or: WG Pizza Slice or: Salad with Turkey & Cheese or: Salad with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Italian Sub (Turkey Ham, Turkey Salami Provolone)	7	8 WG Pizza Slice Mango Splash Juice Box Diced Peaches 1% White or 1% Chocolate Milk	9	
10 Flame-Grilled Chicken Burger w/ Cheese on or: Classic Cheeseburger on WW Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes	11 Meatballs & Gravy w/ Dinner or: Breaded Chicken Patty on WW Bun or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes	12 Popcorn Chicken w /Dinner Roll or: Beef Hot Dog on WW Bun or: WG Pizza Slice or: Salad with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Ham and Swiss Sub Mante Carrot Chin	13 Q1 Parent Teacher Conferences	14 No School Staff in Service	15	16	
17 Italian Meatball Sub on WG Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub	18 Chicken in Gravy w/ Biscuit or: Classic Cheeseburger on WW Bun or: WG Pizza Slice or: Salad with Turkey, Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes	19 Baked Mostaccioli w/ Dinner Roll or: Chicken Nuggets w/ Dinner Roll or: WG Pizza Slice or: Salade with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Ham and Swiss Sub Romaine w/ Dressing	20 Breaded Chicken Patty on WW Bun or: Beef Hot Dog on WW Bun or: WG Pizza Slice or: Salad with Turkey & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Italian Sub (Turkey Ham, Turkey Salami Provolone)	21 WG Pizza Slice Mango Splash Juice Box Diced Peaches 1% White or 1% Chocolate Milk	22 In accordance with federal civil rights law and the USDA this institution is prohibited from discriminating on the basis of race, color, national origin, sex, gender identity, sexual orientation, disability, age or for prior civil rights activity	23	
24 Breaded Chicken Parm Sandwich on or: Classic Cheeseburger on WW Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes	25 Walking Taco w/ WG Corn Chips or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Philly Steak & Cheese Sub or: Turkey Dog with WW Bun	26 Thanksgiving Day! No School	27 Thanksgiving Day! No School	28 Thanksgiving Day! No School	29	30 	

Thanksgiving Break 11/27-11/29

SUN

MON

TUE

WED

THU

FRI

SAT

October 2024

1

WG Maple Pancake & Turkey on Stick
Cinnamon Applesauce Cup
100% Orange-Tangerine Juice
1% White Milk or 1% Chocolate Milk

2

WG Frosted Fudge Poptart
WG Bagel w/Creams Cheese
Fruit mix
100% Orange-Tangerine Juice
1% White Milk or 1% Chocolate Milk

3

Jumbo Waffle
Turkey Sausage
Cinnamon Applesauce cup
100% Apple juice
1% White Milk or 1% Chocolate Milk

4

WG Cinnamon Bun
Honey Wheat Bagel with Cream Cheese
Diced Peaches
100% Apple juice
1% White Milk or 1% Chocolate Milk

5

Breakfast

6

Cinnamon Toast Crunch Cereal
Raisin Bran Bowl
Giant Vanilla Goldfish
Fresh Gala Apple
100% Orange-Tangerine Juice
1% White Milk or 1% Chocolate Milk

7

French Toast Sticks w/ Syrup
Madarin Orange
100% Apple juice
1% White Milk or 1% Chocolate Milk

8

NO SCHOOL
STAFF-IN-SERVICE

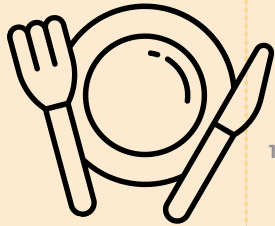
9

WG Pancake
Turkey Sausage
Mixed Fruit Cup
100% Apple juice
1% White Milk or 1% Chocolate Milk

10

WG Apple Roll
Honey Wheat Bagel with Cream Cheese
Diced Pears
100% Fruit Punch
1% White Milk or 1% Chocolate Milk

12



13

Trix Cereal Bowl
Lucky Charms
Giant Vanilla Goldfish
Madarin Orange
100% Apple juice
1% White Milk or 1% Chocolate Milk

14

Jumbo Waffle
Turkey Sausage
Madarin Orange
100% Orange-Tangerine Juice
1% White Milk or 1% Chocolate Milk

15

Strawberry PopTart
WG Bagel w/Cream Cheese
Fresh Orange
100% Grape Juice Box
1% White Milk or 1% Chocolate Milk

16

French Toast Sticks w/ Syrup
Cinnamon Applesauce cup
100% Apple juice
1% White Milk or 1% Chocolate Milk

17

WG Goody Bun
Honey Wheat Bagel with Cream Cheese
Fruit mix
100% Orange-Tangerine Juice
1% White Milk or 1% Chocolate Milk

18



19

20

Trix Cereal Bar
Strawberry Cheerio Bar
Giant Vanilla Goldfish
Fresh Gala Apple
100% Grape juice box
1% White Milk or 1% Chocolate Milk

21

WG Pancake
Turkey Sausage
Diced Peaches
100% Orange-Tangerine Juice
1% White Milk or 1% Chocolate Milk

22

WG Bagel w/Creams Cheese
WG Frosted Fudge Poptart
Diced Peaches
100% Fruit Punch Juice
1% White Milk or 1% Chocolate Milk

23

WG Maple Pancake & Turkey on Stick
Mixed Berry Applesauce Cup
100% Apple Juice
1% White Milk or 1% Chocolate Milk

24

WG Frosted Cinnamon Poptart
Honey Wheat Bagel with Cream Cheese
Pineapple Tidbits
100% Grape Juice Box
1% White Milk or 1% Chocolate Milk

25

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26

27

Cherrios Bowl
Froot Loops Cereal
Giant Vanilla Goldfish
Fresh Gala Apple
100% Fruit Punch Juice
1% White Milk or 1% Chocolate Milk

28

French Toast Sticks w/ Syrup
Diced Peaches
100% Apple juice
1% White Milk or 1% Chocolate Milk

29

WG Frosted Fudge Poptart
WG Bagel w/Creams Cheese
Diced Pear
100% Orange-Tangerine Juice
1% White Milk or 1% Chocolate Milk

30

WG Emoji Waffle
Madarin Orange
100% Orange-Tangerine Juice
1% White Milk or 1% Chocolate Milk

31

HOPE TEAM
of **DETROIT**
ACADEMY
Hope of Detroit
MS/HS
4444 35th St.
Detroit, MI 48210
313-788-1122

SUN

MON

TUE

WED

THU

FRI

SAT

October 2024

1
 Italian Meatball Sub on WG Bun
 or: WG Pizza Slice
 or: Classic Cheeseburger on WW Bun
 or: Salad with Chicken & Cheese
 or: Salad with Chickpeas, Cheese and Tomatoes

2
 Walking Taco w/WG Corn Chips or Chicken Nuggets w/ Dinner Roll or WG Pizza Slice
 or Salad with Chicken & Cheese | or Salad with Chickpeas, Cheese and Tomatoes|
 or Turkey Ham and Swiss Sub

3
 BBQ Chicken on WG Bun or: Beef Hot Dog on WW Bun or: WG Pizza
 or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes
 or: Italian Sub (Turkey Ham, Turkey Salami, Provolone)

4
 WG Pizza Slice
 Romaine w/Dressing
 Fresh Orange
 1% White or 1% Chocolate Milk



6

Breaded Chicken Parm Sandwich on WG Bun
 or: WG Pizza Slice
 or: Classic Cheeseburger on WW Bun
 or: Salad with Chicken & Cheese
 or: Salad with Chickpeas, Cheese and Tomatoes

7

Popcorn Chicken w/Dinner Roll or: WG Pizza Slice
 or: Salad with Turkey, Turkey Ham and Cheese
 or: Salad with Chickpeas, Cheese and Tomatoes
 or: Philly Steak & Cheese Sub
 or: Turkey Dog with WW Bun

8

NO SCHOOL STAFF-IN-SERVICE

9

Teriyaki Beef Dippers w/ Brown Rice
 or Chicken Nuggets w/ Dinner Roll or WG Pizza Slice
 or Salad with Chicken & Cheese or Salad with Chickpeas, Cheese and Tomatoes
 or: Italian Sub (Turkey Ham, Turkey Salami, Provolone)

10

11
 WG Pizza Slice
 100% Mango Splash Juice Box
 Fruit Mix
 1% White or 1% Chocolate Milk

12

13

Crispy Chicken Sandwich w/Bacon on WG Bun
 or WG Pizza Slice
 or Salad with Chicken & Cheese
 or Salad with Chickpeas, Cheese and Tomatoes
 or: Turkey & American Cheese Sub

14

Chicken Strip & Waffle or: WG Pizza Slice
 or: Classic Cheeseburger on WW Bun
 or: Salad with Chicken & Cheese
 or: Salad with Chickpeas, Cheese and Tomatoes

15

Cheesy Taco Penne or Chicken Nuggets w/ Dinner Roll or WG Pizza Slice
 or Salad with Chicken & Cheese or Salad with Chickpeas, Cheese and Tomatoes
 or: Turkey Ham and Swiss Sub

16

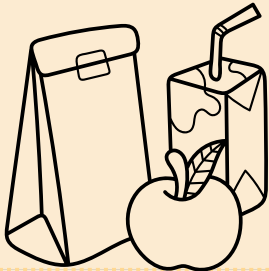
Cheese Omelette W/Biscuit or: Breaded Chicken Patty on WW Bun
 or WG Pizza Slice
 or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes
 or: Italian Sub (Turkey Ham, Turkey Salami, Provolone)

17

18
 WG Pizza Slice
 Fresh Broccoli & Ranch Dressing
 Diced Pears
 1% White or 1% Chocolate Milk

19

20



Crispy Chicken Sandwich on WG Bun
 or WG Pizza Slice
 or Salad with Chicken & Cheese
 or Salad with Chickpeas, Cheese and Tomatoes

21

Sloppy Joe Sliders or: Breaded Chicken Patty on WW Bun
 or: WG Pizza Slice
 or: Salad with Turkey Ham & Cheese
 or: Salad with Chickpeas, Cheese and Tomatoes

22

Chicken Fajita with Tortilla or: Beef Hot Dog on WW Bun or: WG Pizza
 or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes
 or Turkey Ham and Swiss Sub
 Texas Ranchero Pinto Beans

23

Cheeseburger Mac w/Dinner Roll or Chicken Nuggets w/ Dinner Roll or WG Pizza Slice
 or Salad with Chicken & Cheese or Salad with Chickpeas, Cheese and Tomatoes
 or: Italian Sub (Turkey Ham, Turkey Salami, Provolone)

24

25
 WG Pizza Slice
 Fresh Broccoli & Ranch Dressing
 Fruit Mix
 1% White or 1% Chocolate Milk

26

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27

Cheeseburger meatloaf on WW Bun
 or: Breaded Chicken Patty on WW Bun
 or: WG Pizza Slice
 or: Salad with Turkey Ham & Cheese
 or: Salad with Chickpeas, Cheese and Tomatoes

28

Chicken & Bean Burrito on WW Tortilla
 or: Chicken Strip Wrap w/Ranch or: WG Pizza Slice
 or: Salad with Turkey, Turkey Ham and Cheese
 or: Salad with Chickpeas, Cheese and Tomatoes
 or: Philly Steak & Cheese Sub

29

Texas Chili w/Dinner Roll or WG Pizza Slice
 or Salad with Chicken & Cheese or Salad with Chickpeas, Cheese and Tomatoes
 or: Turkey Ham and Swiss Sub
 or: Turkey Dog with WW Bun
 Potato Wedges

30


Asian Chicken w/Brown Rice or Chicken Nuggets w/ Dinner Roll or WG Pizza Slice
 or Salad with Chicken & Cheese or Salad with Chickpeas, Cheese and Tomatoes
 or: Italian Sub (Turkey Ham, Turkey Salami, Provolone)

31



Hope of Detroit MS/HS
 4444 35th St.
 Detroit, MI 48210
 313-788-1122



Monday	Tuesday	Wednesday	Thursday	Friday
 Cinnamon Toast Crunch Cereal bar (30) or: Strawberry Nutri-grain Bar (30) WG Animal Crackers(22) or: Chat Snack Graham crackers(21) Diced Pears(33) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 3 488:335:88	Cocoa Puff Cereal Bar (30) or: Strawberry Cheerio Bar (30) Chat Snack Graham crackers(21) or: Giant Cinnamon Goldfish(19) Mixed Fruit Cup (11) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 4 488:425:98	Frosted Flakes(24) or: Cheerios Bowl(21) Giant Cinnamon Goldfish(19) or: WG Animal Crackers(22) Fresh Apple(29) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 5 610:350:119	Trix Cereal Bar(29) or: Apple Cinnamon Nutri-grain Bar(30) WG Animal Crackers(22) or: Giant Cinnamon Goldfish(19) Craisins(27) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11) 6 642:427:119	WG Goody Ring(31) or: WG Bagel w/Cream cheese(30) Fresh Banana(62) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 9 572:371:111
Cinnamon Toast Crunch Cereal bar (30) or: Strawberry Nutri-grain Bar (30) WG Animal Crackers(22) or: Chat Snack Graham crackers(21) Diced Pears(33) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 10 544:395:104	Cinnamon Toast Crunch Cereal(22) or: Honey Cheerios Bowl (22) Giant Vanilla Goldfish (19) or: WG Animal Crackers(22) Fresh Orange(22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11) 11 498:445:85	WG Bagel w/Cream cheese(30) or: WG Frosted Cinnamon Poptart (36) Fresh Apple(29) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 12 590:355:108	WG Banana Muffin(31) or: WG Blueberry Muffin(30) WG Animal Crackers(22) or: Giant Vanilla Goldfish (19) Cinnamon Applesauce Cup(14) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11) 13 622:377:128	Cheerios Bowl(21) or: Lucky Charms(23) Giant Cinnamon Goldfish(19) or: WG Animal Crackers(22) Fresh Banana(62) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 16 577:443:115
Apple Jacks(24) or: Cinnamon Chex Cereal(23) WG Animal Crackers(22) or: Chat Snack Graham crackers(21) Mandarin Orange(43) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 17 585:370:104	WG Blueberry Muffin(30) or: Double Chocolate Chip Muffin(27) Giant Vanilla Goldfish (19) or: WG Animal Crackers(22) Diced Pear Cup (14) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11) 18 508:425:86	WG Goody Ring(31) or: WG Bagel w/Cream cheese(30) Fresh Apple(29) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 19 600:320:119	Strawberry Cheerio Bar (30) or: Cocoa Krispies Cereal Bar (27) Chat Snack Graham crackers(21) or: Giant Vanilla Goldfish (19) Craisins(27) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11) 20 622:412:134	Froot Loops Cereal(24) or: Raisin Bran Bowl (28) WG Animal Crackers(22) or: Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 23 570:485:115
Golden Grahams(24) or: Blueberry Chex Cereal (23) WG Animal Crackers(22) or: Chat Snack Graham crackers(21) Diced Peaches(28) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11) 24 456:376:81	Cheerios Bowl(21) or: Apple Jacks(24) Giant Vanilla Goldfish (19) or: WG Animal Crackers(22) Pineapple Tibits Cup (15) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 25 498:445:85	WG Bagel w/Cream cheese(30) or: WG Frosted Fudge Poptart (36) Fresh Apple(29) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 26 707:355:128	WG Banana Muffin(31) or: WG Blueberry Muffin(30) Giant Vanilla Goldfish (19) or: WG Animal Crackers(22) Fruit mix(37) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11) 27 682:352:139	Cinnamon Toast Crunch Cereal bar (30) or: Blueberry Nutri-grain Bar (30) Chat Snack Graham crackers(21) or: WG Animal Crackers(22) Fresh Banana(62) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 30 544:415:108
Cinnamon Chex Cereal(23) or: Froot Loops Cereal(24) WG Animal Crackers(22) or: Giant Vanilla Goldfish (19) Fresh Orange(22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)				



Thought for Thought

Blank space for reflection or writing.

Tips & Information

Labor Day, the first Monday in September, constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. The first unofficial Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City. On June 28th, 1894 the first Monday in September was declared Labor Day by President Grover Cleveland. Labor Day is not only celebrated in the United States, but also Canada and other industrialized nations. This day for some is a day to relax and enjoy the end of summer & the beginning of another GREAT YEAR OF LEARNING!!!

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:570 AvgSod(mg):393 AvgCarbs(g):108

"or:" = An alternative selection to choose. "WG"=Whole Grain
 1% White & 1%Chocolate Milk available daily.



****Menu Subject to Change****

Hope of Detroit MS & HS Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
				
	3 Half Day - No Lunch	4	5	6
Breaded Chicken Drumstick w/Dinner roll or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Turkey & American Cheese Sub or: Turkey Dog with WW Bun Baked Beans Diced Peaches 1% White or 1% Chocolate Milk	Beef & Cheese Nachos w/ WG Corn Chips or: Chicken Nuggets w/ Dinner Roll or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Philly Steak & Cheese Sub Romaine w/ Dressing Fresh Apple	Mini Cheese Calzones or: Beef Pepperoni Calzone or: WG Pizza Slice Baked Green Beans Fresh Orange 1% White or 1% Chocolate Milk	BBQ Beef Meatballs w/Bun or: Beef Hot Dog on WW Bun or: WG Pizza Slice Seasoned Corn Fresh Banana 1% White or 1% Chocolate Milk	WG Pizza Slice Romaine w/ Dressing 100% Orange-Tangerine Juice 1% White or 1% Chocolate Milk
9	10	11	12	13
Italian Meatball Sub on WG Bun or: Beef Hot Dog on WW Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub Baked Green Beans	Chicken Strip Wrap w/ Ranch or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Beef Sloppy Joe on WG Bun or: Philly Steak & Cheese Sub	Beef Sloppy Joe on WG Bun or: Breaded Chicken Patty on WW Bun or: WG Pizza Slice Seasoned Corn Diced Peas 1% White or 1% Chocolate Milk	Baked Mostaccioli w/ Dinner Roll or: Mini Cheese Calzones or: WG Pizza Slice Italian Blend Vegetable Fresh Banana 1% White or 1% Chocolate Milk	WG Pizza Slice Baby Carrots w/Ranch Fresh Orange 1% White or 1% Chocolate Milk
16	17	18	19	20
Chicken Fajita with Tortilla or: Classic Cheeseburger on WW Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub Fiesta Taco Black Beans	Beef Pepperoni Calzone or: Mini Buffalo Cheese Calzones or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Philly Steak & Cheese Sub	Chef Salad w/ WW Pita or: Chicken Tenders w/ Dinner Roll or: WG Pizza Slice or: Salad with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Ham and Swiss Sub Dressing w/ Dressing	Bf Soft Taco on WW Tortilla w/ WG Rice or: WG Pizza Slice or: Salad with Turkey & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Breaded Hot & Spicy Chicken Patty on WG Bun or: Italian Sub (Turkey Ham, Turkey Salami, Pineapple)	WG Pizza Slice Summer Sip Vegetable Juice Pineapple Tidbits 1% White or 1% Chocolate Milk
23	24	25	26	27
BBQ Beef Rib Patty on WW Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub or: Turkey Dog with WW Bun Potato Wedges				
30				

WELCOME



Thought for Thought

Thought for Thought

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or. = An alternative selection to choose. *WG*=Whole Grain
1% White & 1%Chocolate Milk available daily.



Menu Subject to Change